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herbs in this book prescriber  
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Er 3 Octay 1697. post. 2. 2  
Joh. Walderstewar

THE *B2 65 n 20*  
ENGLISH PHYSITIAN  
ENLARGED;

With Three Hundred, Sixty and Nine

MEDICINES,  
MADE OF  
English Herbs,

That were not in any Impression untill this.

BEING

An Astrologo-Physical Discourse of the Vulgar Herbs of this Nation; Containing a Compleat Method of Physick, whereby a Man may preserve his Body in Health, or Cure himself, being Sick, for Three Pence Charge, with such things only as grow in *England*, they being most fit for *English* Bodies.

Herein is also shewed these Seven Things, *Viz.* 1. The way of Making Plaisters, Oyntments, Oyls, Pultisses, Syrups, Decoctions, Juleps or Waters, of all sorts of Physical Herbs, That you may have them ready for your use at all times of the year. 2. What Planet governeth every Herb or Tree (used in *Physick*) that groweth in *England*. 3. The Time of gathering all Herbs, both vulgarly and Astrologically. 4. The Way of Drying and Keeping the Herbs all the Year. 5. The Way of Keeping their Juycies ready for use at all times. 6. The Way of Making and Keeping all kind of usefull Compounds made of Herbs. 7. The Way of mixing Medicines according to the Cause and Mixture of the Disease, and Part of the Body Afflicted.

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By NICH. CULPEPPER, *Gent. Student in  
Physick and Astrology.*

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L O N D O N,  
Printed for Hannah Sawbridge at the Bible on Ludgate-  
Hill. 1684.

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# An Alphabetical TABLE of all the HERBS and PLANTS in this Book; As also what PLANET governeth every one of them.

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**T H E**

THE CONTINENTAL DIRECTORATE  
 OF THE ARMY  
 OF THE UNITED STATES  
 OF AMERICA

270	1st of Jan.	1862	1st of Jan.
271	2d of Jan.	1862	2d of Jan.
272	3d of Jan.	1862	3d of Jan.
273	4th of Jan.	1862	4th of Jan.
274	5th of Jan.	1862	5th of Jan.
275	6th of Jan.	1862	6th of Jan.
276	7th of Jan.	1862	7th of Jan.
277	8th of Jan.	1862	8th of Jan.
278	9th of Jan.	1862	9th of Jan.
279	10th of Jan.	1862	10th of Jan.
280	11th of Jan.	1862	11th of Jan.
281	12th of Jan.	1862	12th of Jan.
282	13th of Jan.	1862	13th of Jan.
283	14th of Jan.	1862	14th of Jan.
284	15th of Jan.	1862	15th of Jan.
285	16th of Jan.	1862	16th of Jan.
286	17th of Jan.	1862	17th of Jan.
287	18th of Jan.	1862	18th of Jan.
288	19th of Jan.	1862	19th of Jan.
289	20th of Jan.	1862	20th of Jan.
290	21st of Jan.	1862	21st of Jan.
291	22nd of Jan.	1862	22nd of Jan.
292	23rd of Jan.	1862	23rd of Jan.
293	24th of Jan.	1862	24th of Jan.
294	25th of Jan.	1862	25th of Jan.
295	26th of Jan.	1862	26th of Jan.
296	27th of Jan.	1862	27th of Jan.
297	28th of Jan.	1862	28th of Jan.
298	29th of Jan.	1862	29th of Jan.
299	30th of Jan.	1862	30th of Jan.
300	31st of Jan.	1862	31st of Jan.

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# THE ENGLISH PHYSITIAN ENLARGED.

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## Amara-dulcis.

**C**onsidering divers Shires in this Nation give divers Names to one and the same Herb, and that common Name which it bears in one Countrey, is not known in another; I shall take the pains to set down all the Names that I know of each Herb: pardon me for setting that Name at first which is most common to my self. Besides Amara-dulcis, some call it mortal, others Bitter-sweet, some Woody-Nightshade, and other Felonwort.

*Description.] It grows up with woody stalks even to a mans height, and sometimes higher. The leaves fall off at the approach of Winter, and spring out again of the same stalk at Spring time: The branch is compassed about with a whitish Bark, and hath a pith in the middle of it: The main branch brancheth it self into many small ones, with claspers, laying hold on what is next to them, as Vines do. It bears many leaves, they grow in no order at all, or at least-wise in no vulgar order: The leaves are longish, though somewhat broad, and pointed at the ends: many of them have two little leaves growing at the end of their foot-stalk, some of them have but one, and some none: the leaves are of a pale green colour: The flowers are of a purple colour, or of a perfect blue, like to Violets, and they stand many of them together in knots: The Berries are green at the first, but when they are ripe, they are very red; if you taste them, you shall find them just as the Crabs which we in Suffex call Bitter-sweet, viz. sweet at first, and bitter afterwards.*

*Place.] They grow commonly almost throughout England, especially in moist and shady places.*

*Time.] The leaves shoot out about the latter end of March, if*

the temperature of the Air be ordinary, it flowreth in *July*, and the seeds are ripe soon after, usually in the next month.

*Government and Vertues.*] It is under the Planet *Mercury*, and a notable Herb of his also, if it be rightly gathered under his Influence. It is excellent good to remove Witchcrafts both in Men and Beasts; as also all sudden Diseases whatsoever. Being tied round about the Neck, is one of the admirablest Remedies for the Vertigo or Dizziness in the Head that is; and that's the reason (as *Tragus* saith) the people in *Germany* commonly hang it about their Cattles neck when they fear any such evil hath betided them. Country people commonly use to take the berries of it, and having bruised them, they apply them to Felons, and thereby soon rid their fingers of such troublesome guests.

We have now shewed you the external use of the Herb, we shall speak a word or two of the internal, and so conclude. Take notice that it is a *Mercurial* Herb, and therefore of very subtle parts, as indeed all *Mercurial* Planets are; therefore take a pound of the wood and leaves together, bruise the wood (which you may easily do, for it is not so hard as Oak) then put it in a pot, and put to it three pints of white Wine, put on the Pot-lid, and shut it close, then let it infuse hot over a gentle fire twelve hours, then strain it out, so have you a most excellent Drink to open Obstructions of the Liver and Spleen, difficulty of Breathing, Bruises, Falls, congealed Blood, Dropsie, yellow and black Jaundice, Women after Delivery.

Obstructions of the Liver and Spleen, difficulty of Breathing, Bruises, Falls, congealed Blood, Dropsie, yellow and black Jaundice, Women after Delivery.

They that think the use of these Medicines is too brief (it's so only for the cheapness of the Book) let them read those Books of mine, of the last Edition, viz. *Riverius*, *Veslingus*, *Riolanus*, *Johnston*, *Sennertus*, and *Physick for the Poor*.

### Alheal.

IT is called Alheal, *Hercules's* Alheal, and *Hercules's* Woundwort, because it is supposed that *Hercules* learned the Herb and its Vertues from *Chyron*, when he learned Physick of him. Some call it Panay, and others Opopanewort.

*Description.*] Its Root is long, thick, and exceeding full of Juice, of a hot and biting Taste, the Leaves are great and large, and winged almost like Ash-tree Leaves, but that they are something Hairy, each Leaf consisting of five or six pair of such wings, set one against the other upon foot-stalks, broad below, but narrow towards the end, one of the Leaves is a little deeper at the bottom than the other, of a fair, yellowish, fresh, green colour, they are

## The English Physitian Enlarged.

3

are of a bitterish taste, being chewed in the mouth. From amongst these ariseth up a stalk green in colour, round in form, great and strong in magnitude, five or six foot high in altitude, with many joynts, and some leaves thereat : towards the top come forth umbles of small yellow flowers, after which are passed away, you may find whitish, yellow, short, flat seeds, bitter also in taste.

*Place.]* Having given you the Description of the Herb from the bottom to the top, give me leave to tell you that there are other Herbs called by this name : but because they are strangers in England, I give only the Description of this which is easie to be had in the Gardens of divers.

*Time.]* Although Gerrard saith, That they flower from the beginning of May to the end of December, Experience teacheth them that keep it in their Gardens, that it flowers not till the latter end of the Summer, and sheds its seeds presently after.

*Government and Vertues.]* It is under the Dominion of Mars ; hot, biting, and cholerick : and remedies what evils Mars afflicts the Body of Man with by Sympathy, as Vipers-flesh attracts Poyson, and the Load-stone Iron. It kills the Worms, helps the Gout, Cramp, and Convulsion, provokes Urine, and helps all Joynt-aches. It helps all cold griefs of the Head, the Vertigo, *Worms,* Falling-sickness, the Lethargy, the Wind-colick, Obstructi-*Gout,* ons of the Liver and Spleen, Stone in the Kidneys and Bladder. *Cramp,* It provokes the Terms, expels the dead Birth : It is excellent *Convulsion,* good for the grief of the Sinews, Itch, Sores and Tooth-ach, *provokes* the biting of mad Dogs and Venomous Beasts, and purgeth *rine, Joynt-* Choler very gently. *aches, Ver-*

*ling-sickness, Lethargy, Colick, Obstructions of the Liver and Spleen, Stone, Terms, provokes dead Birth, Sinews, Itch, Sores, Tooth-ach, mad Dogs, venomous Beasts, Choler.*

### Alkanet.

Besides the common name, it is called Orchanet, and Spanish Bugloss, and by Apothecaries Enchusa.

*Description.]* Of the many sorts of this Herb, there is but one known to grow commonly in this Nation ; of which one, take this Description : It hath a great and thick Root, of a reddish colour, long, narrow, hairy Leaves, green like the Leaves of Bugloss, which lie very thick upon the Ground : the stalks rise up compassed round about, thick with Leaves, which are lesser and narrower than the



## The English Physitian Enlarged.

former, they are tender, and slender, the flowers are hollow, small, and of a redish colour.

*Place.*] It grows in *Kent* near *Rochester*, and in many places in the *West-Countrey*, both in *Devonshire* and *Cornwall*.

*Time.*] They flower in *July*, and the beginning of *August*, and the seed is ripe soon after, but the Root is in its prime, as Carrots and Parsnips are, before the Herb run up to stalk.

Uleers, In-  
flammati-  
ons, Burn-  
nings. St.  
Anth. fire,  
Morphew,  
yell. Jaun-  
dice, Spleen,  
Gravel,  
Venomous  
Beast,  
Flux,  
Worms,  
Mother,  
Back Brui-  
ses, Falls,  
small Pox,  
Measles,  
Wounds.

*Government and Vertues.*] It is an Herb under the Dominion of *Venus*, and indeed one of her Darlings, though something hard to come by. It helps old Ulcers, hot Inflammations, burnings by common fire, and *St. Anthony's fire*, by Antipathy to *Mars*: for these uses, your best way is to make it into an Ointment. Also if you make a Vinegar of it as you make Vinegar of *Roses*, it helps the Morphew and Leprosie; if you apply the Herb to the Privities, it draws forth the dead Child. It helps the yellow Jaundice, Spleen, and Gravel in the Kidneys, (*Dioscorides* saith) it helps such as are bitten by a venomous Beast, whether it be taken inwardly or applied to the Wound: nay, he saith further, If any one that hath newly eaten it, do but spit into the mouth of a Serpent, the Serpent instantly dies. It stays the flux of the Belly: kills Worms, helps the Fits of the Mother. Its decoction made in Wine and drunk, strengthens the Back, and easeth the pains thereof, it helps Bruises and Falls, and is as gallant a Remedy to drive out the small Pox and Measles as any is: an Ointment made of it, is excellent for green Wounds, Pricks or Thrusts.

### Adders-Tongue, or Serpents-Tongue.

*Descript.*] **T**His small Herb hath but one leaf, which grows with the stalk a fingers length above the ground, being fat and of a fresh green colour, broad like *Water-Plantane*, but less, without any middle Rib in it: from the bottom of which Leaf, on the inside riseth up (ordinarily) one, sometimes two or three small slender stalks, the upper half whereof is somewhat bigger, and dented with small round dents of a yellowish green colour, like the Tongue of an Adder or Serpent (only this is as useful as they are formidable.) The Roots continue all the year.

*Place.*] It grows in moist Meadows, and such like places.

*Time.*] And is to be found in *April* and *May*, for it quickly perisheth with a little heat.

*Government and Vertues.*] It is an Herb under the Dominion of the *Moon* and *Cancer*, and therefore if the weakness of the Retentive

## *The English Physitian Enlarged.*

tive Faculty be caused by any evil influence of *Saturn* in any part of the Body governed by the *Moon*, or under the Dominion of *Cancer*, this Herb cures it by Sympathy: It cures those Diseases after specified in any part of the Body under the influence of *Saturn*, by Antipathy.

It is temperate in respect of heat, but dry in the Second Degree. The Juyce of the Leaves drunk with the distilled Water of Horse-tail, is a singular Remedy for all manner of Wounds in the Breasts, Bowels, or other parts of the Body, and is given with good success unto those who are troubled with casting, vomiting, or bleeding at the Mouth or Nose, or otherwise downwards. The said Juyce given in the distilled Water of Oaken-Buds, is very good for Women who have their usual Courses, or the Whites flowing down too abundantly: it helps sore Eyes. Of the leaves infused or boiled in Oyl Omphacine, or unripe Olives, set in the Sun for certain days, or the green Leaves sufficiently boiled in the said Oyl, is made an excellent green Balsam, not only for green and fresh Wounds, but also for old and inveterate Ulcers, especially if a little fine clear Turpentine be dissolved therein. It also stayeth and refresheth all Inflammations that arise upon pains, by hurts or wounds.

*Wounds in  
the Breast,  
Bowels,  
Vomiting,  
Terms,  
Strops  
Whites,  
Wounds,  
Ulcers, In-  
flammation  
in Wounds.*

What parts of the Body are under each Planet and Sign, and also what Diseases, may be found in my Astrological Judgment of Diseases: and for the internal work of Nature in the Body of Man, as Vital, Animal, Natural and Procreative Spirit of Man; the Apprehension, Judgment, Memory: The external Senses, viz. Seeing, Hearing, Smelling, Tasting and Feeling; the Vertues Attractive. Retentive, Digestive, Expulsive, &c. Under the Dominion of what Planets they are, may be found in my *Ephemeris* for the Year 1651. In both which you shall find the Chaff of Authors blown away, by the fame of Dr. Reason, and nothing but Rational Truths left for the Ingenious to feed upon.

Lastly, to avoid blotting Paper with one thing many times, and also to ease your Purses in the price of the Book, and withal to make you Studious in Physick, you have at the latter end of the Book, the way of Preserving all Herbs either in Juyce, Conserve, Oyl, Oyntment, or Plaister, Electuary, Pills or Troches.

### Agrimony.

Description.] **T**His hath divers long leaves (some greater, some smaller) set upon a stalk, all of them dented about  
D 3 the

## The English Physitian Enlarged.

the edges, green about, and grayish underneath, and a little hairy withal. Among which ariseth up usually but one strong, round, hairy, brown stalk, two or three foot high, with smaller Leaves set here and there upon it. At the top whereof grow many small yellow flowers one above another in long spikes. After which come rough heads of seeds, hanging downwards, which will cleave to, and stick upon Garments, or any thing that shall rub against them. The knot is black, long, and somewhat woody, abiding many years, and shooting a fresh every Spring; which root, though small, hath a reasonable good scent.

*Ph.* **Places.]** It groweth upon Banks, near the sides of Hedges or Pales.

**Time.]** It flowreth in July and August, the seed being ripe shortly after.

**Government and Vertues.]** It is an Herb under Jupiter, and the Sign Cancer; and strengthens those parts under that Planet and Sign, and removes Diseases in them by Sympathy, and those under Saturn, Mars and Mercury by Antipathy. If they happen in any part of the Body governed by Jupiter, or under the Signs Cancer, Sagittary or Pisces, and therefore must needs be good for the Gout, either used outwardly in Oyl or Oyntment, or inwardly in an Electuary or Syrup, or concreted Juyce; for which see the latter end of the Book.

**Cleansing,** It is of a cleansing and cutting Faculty, without any manifest  
**Drying,** heat, moderately drying and binding. 'T openeth and cleanseth  
**Binding,** the Liver, helpeth the Jaundice, and is very beneficial to the Bowels,  
**Liver,** healing all inward Wounds, Bruises, Hurts, and other Distempers.  
**Jaundice,** The Decoction of the Herb made with Wine, and drunk, is good a-  
**inward** gainst the biting and stinging of Serpents, and helps them that have  
**Wounds, in-** fowl, troubled or bloody waters; and makes them piss clear spee-  
**ward Brui-** dily. It also helpeth the Colick, cleanseth the Breast, and rids  
**ses, Bloody** away the Cough. A draught of the Decoction taken warm before  
**and trou-** the Fit, first removes, and in time rids away the Tertian or Quar-  
**bled Urine,** tan Agues. The Leaves and Seed taken in Wine, stay the Bloody-  
**Colick,** gues. Bloody Flux. Outwardly applied, being stamped with old Swines-grease,  
**Breast,** it helpeth old Sores, Cancers and inveterate Ulcers, and draweth  
**Cough, Ter-** forth Thorns. and Splinters of Wood, Nails, or any other such  
**rian and** thing gotten into the Flesh. It helpeth to strengthen the Mem-  
**Quartan A-** bers that be out of Joynt: and being bruised and applied, or the  
**tan Agues.** Juyce dropped in; it helpeth fowl and imposthumated Ears.  
**Bloody Flux,** in the flesh,  
**flux, Can-** Members  
**cers, Thorns** The distilled Water of the Herb is good to all the said pur-  
**Splinters** poses, either inward or outward, but a great deal weaker.  
**and Nails** It is a most admirable Remedy for such whose Livers are an-  
**in the flesh,** noyed either by heat or cold. The Liver is the former of Blood,  
**Members** and  
**out of joynt,**  
**Impost-**  
**umes.**

and

## *The English Physitian Enlarged.*

and Blood the nourisher of the Body, and Agrimony a strengthener of the Liver.

I cannot stand to give you a reason in every Herb, why it cureth such Diseases, but if you please to peruse my Judgment in the Herb Wormwood, you shall find them there, and it will be well worth your while to consider it in every Herb, you shall find them true throughout the Book.

### Water-Agrimony.

**I**T is called in some Countries Water-Hemp, Bastard-Hemp, and Bastard-Agrimony, Eupatorium, and Hepatorium, because it strengthens the Liver.

*Descript.] The Root continues a long time, having many long, slender strings. The stalk grows up about two foot high, sometimes higher. They are of a dark Purple colour: the branches are many, growing at distances the one from the other, the one from the one side of the stalk, the other from the opposite point. The Leaves are winged and much indented at the edges. The flowers grow at the top of the branches, of a brown yellow colour, spotted with black spots, having a substance within the midst of them like that of a Daisie; if you rub them between your fingers, they smell like a Rozein or Cedar when it is burnt. The seeds are long, and easily stick to any Woolen thing they touch.*

*Place.] They delight not in heat, and therefore they are not so frequently found in the Southern parts of England, as in the North, where they grow frequently: you may look for them in cold Grounds, by Ponds and Ditches sides, as also by running Waters, sometimes you shall find them grow in the midst of the*

*Cuttech,  
Cleanseth  
Breast, Ca-*

*Time.] They all flower in July and August, and the seed is ripe presently after.*

*chexia,  
Dropse,*

*Government and Vertues.] It is a plant of Jupiter as well as the other Agrimony, only this belongs to the Coelestial Sign Jaundice, Cancer. It healeth and dryeth. cutteth and cleanseth thick and tough humors of the Breast, and for this I hold it inferiour to ons, Liver, but few Herbs that grow. It helps the Cachexia or evil disposition of the Body, the Dropsie and yellow Jaundice. it opens Obstructions of the Liver, mollifies the hardness of the Spleen, Urine, being applied outwardly: it breaks imposthumes taken inward-ly, it is an excellent Remedy for the third day Ague. It provokes, vokes Urine and the Terms, it kills Worms, and cleanseth the Body of sharp humors, which are the cause of Itch, Scabs, the Herb being burnt, the Smoak thereof drives away Flies, Wasps, &c.*

*it Wasps.*



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it strengthens the Lungs exceedingly. Countrey people give it to their Cattel when they are troubled with the Cough, or broken-winded.

### Alehoof, or Ground-Ivy.

**S**everal Countries give it several Names, so that there is scarce an Herb growing of that bigness that hath got so many: It is called *Cats-foot*, *Ground-Foy*, *Gill go by ground*, and *Gill creep by ground*, *Tun-koof*, *Hay-maids*, and *Ale-koof*.

**Description.]** This well known Herb lieth, spreadeth, and creepeth upon the Ground, shooting forth Roots, at the corners of the tender-joynted stalks, set all along with two round Leaves at every joynt, somewhat hairy, crumpled, and unevenly dented about the edges with round dents: at the joynts likewise with the Leaves towards the end of the branches, come forth hollow long Flowers, of a blueish purple colour with small white spots upon the lips that hang down. The Root is small with strings.

**Place.]** It is commonly found under Hedges, and on the side of Ditches, under Houses, or in shadowed Lanes, and other waste Grounds in almost every part of the Land.

**Time.]** They flower somewhat early, and abide so a great while: the Leaves continue green untill Winter, and sometimes abide, except the Winter be very sharp and cold.

**Inward Government and Vertues.]** It is an Herb of *Venus*, and therefore Cures the Diseases she causes by Sympathy, and those of *Mars* Pains, Gri-by Antipathy: you may usually find it all the year long except the ping, Wind, year be extreme frosty: it is quick, sharp, and bitter in taste, and Cholera, Sic- is thereby found to be hot and dry; a singular Herb for all inward mach, Bel- Wounds, exulcerated Lungs, or other parts, either by it self, or ly, Stopping boiled with other the like Herbs: and being drunk, in short time it easeth all griping pains, windy and cholerick humors in the Stomach, in the Li- Spleen or Belly, helps the yellow Jaundice by opening the stoppings ver, Gall, of the Gall and Liver, and Melancholy, by opening the stoppings of Plague, the Spleen, expelleth Venom or Poyson, and also the Plague; it Poyson, provoketh Urine, and Womens Courses: The Decoction of it in Gout, Scia- wine drunk for some time together, procureth ease unto them that rica, sore are troubled with the Sciatica or Hip-Gout, as also the Gout in the Mouth and Hands, Knees or Feet, if you put to the Decoction some Honey, and Throat, Ul- a little burnt Allum, it is excellent good to gargle any sore Mouth cers in the or Throat, and to wash the Sores and Ulcers in the privy parts of Privities. Man or Woman: It speedily helpeth green Wounds, being bruised and



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and bound thereunto: The Juyc of it boiled with a little Rhenish  
 ney and Verdegreece, doth wonderfully cleanse *Fistulæ*, *Ulcers*, *Wounds*,  
 and stayeth the spreading or eating of Cancers and *Ulcers*; it helpeth  
 helpeth the Itch, Scabs, Wheals, and other breakings out in any  
 part of the Body. The Juyc of Celandine, Field-Daisies, and *any of these*  
 Ground-Ivy Clarified, and a little fine Sugar dissolved therein, *Ulcers*,  
 and dropped into the Eyes, is a Sovereign Remedy for all Pains, *noise in the*  
 Redness, and Watering of them; as also for the Pin and Web, *Ears*,  
 Skins and Films growing over the sight; it helpeth Beasts as well *Deafness*,  
 as Men. The Juyc dropped into the Ears doth wonderfully help  
 the noise and ringing of them, and helpeth the hearing which is  
 decayed. It is good to Tun up with new Drink, for it will so  
 clarify it in a night, that it will be the fitter to be drunk the  
 next Morning; or if any Drink be thick with removing, or any  
 other accident, it will do the like in a few hours.

### Alexander.

**I**T is also called Alifander, Horse-Parlsy, and Wild-Parlsy, and  
 the black Pot-herb; the seed of it is that which is usually sold  
 in the Apothecaries Shops for *Macedonian Parsley-seed*.

*Descript.*] It is usually sown in all the Gardens in Europe, and so  
 well known, that it needs no farther description.

*Time.*] They flower in June and July, the Seed is ripe in Au-  
 gust.

*Government and Vertues.*] It is an Herb of Jupiter, and there-  
 fore friendly to Nature, for it warmeth a cold Stomach, and open-  
 eth stoppings of the Liver and Spleen; it is good to move Womens  
 Courses, to expel the After-birth, to break Wind, to provoke Ur-  
 ine, and help the Strangury; and these things the seeds will do like-  
 wise: If either of them be boiled in Wine, or being bruised and  
 taken in Wine, is also effectual against the biting of Serpents. And  
 now you know what *Alexander-Portage* is good for, that you may  
 no longer eat it out of Ignorance, but out of Knowledge.

*ja: 1*  
*Obstructions of the Liver and Spleen, Provokes the Terms, Afterbirth, Wind, pro- vokes Urin, biting of Serpents.*

### The Black Alder-Tree.

*Description.* **T**His Tree seldom groweth to any great bigness,  
 but for the most part abideth like a Hedge-  
 Bush, or Tree spreading into Branches, the Wood of the body be-  
 ing white, and a dark red Cole, or Heart; the outward Bark is  
 of

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of a blackish colour with many whitish spots therein: but the inner bark next unto the wood is yellow, which being chewed, will turn the Spittle near unto a Saffron colour. The Leaves are somewhat like those of the ordinary Alder-tree, or the Female Cornel, or Dog-berry-tree, called in Suffex Dog-wood, but blacker, and not so long. The Flowers are white, coming forth with the Leaves at the Foynets which turn into small round Berries, first green, afterwards red, but blackish when they are through ripe, divided as it were into two parts, where in is contained two small, round, and flat seeds. The Root runneth not deep into the Ground, but spreads rather under the upper crust of the Earth.

*Place.]* This Tree or Shrub may be found plentifully in Saint John's Wood by Hornsey, and in the Woods upon Hampstead-Heath, as also a Wood called the Old Park in Barcomb in Essex near the Brooks side.

*Time.]* It flowreth in May, and the Berries are ripe in September.

*Government and Vertues.]* It is a Tree of Venus, and perhaps under the Cœlestial Sign Cancer. The inner yellow Bark hereof purgeth downwards both Choler and Flegm, and the watry humors of such as have the Dropisie, and strengtheneth the inward parts again by binding. If the Bark hereof be boiled with Agrimony, Wormwood, Dodder, Hops, and some Fennel, with Smallage, Endive and Succory-roots, and a reasonable draught taken every morning for sometime together. It is very effectual against the Jaundice, Dropisie, and the evil disposition of the Body, especially if some suitable purging Medicine have been taken before to avoid the grosser Excrements: It purgeth and strengtheneth the Liver and Spleen, cleansing them from such evil humors and hardness as they are afflicted with. It is to be understood that these things are performed by the dried Bark, for the fresh green Bark taken inwardly, provoketh strong Vomitings, pains in the Stomach, and gripings in the Belly. Yet if the Decoction may stand and settle two or three days until the yellow colour be changed black, it will not work so strongly as before, but will strengthen the Stomach, and procure an Appetite to meat. The outward Bark contrariwise doth bind the Body, and is helpful for all Lasks and Fluxes thereof, but this also must be dried first, whereby it will work the better. The inner Bark thereof boiled in Vinegar, is an approved Remedy to kill Lice, to cure the Itch, and take away Scabs by drying them up in a short time. It is singular good to wash the Teeth, to take away the pains, to fasten those that are loose, to cleanse them, and keep them sound. The Leaves are good Fodder for Kine to make them give more Milk.

*Choler,  
Flegm.*

*Faundice,  
Dropisie,  
Cachexia,  
Liver,  
Spleen.*

*Stomach,  
weak Ap-  
petite lost,  
Flux, Lice,  
Itch, Scabs,*

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inner If in the Spring-time you use the Herbs before mentioned, and  
the will but take a handful of each of them, and to them add a handful  
like of Elder-buds, and having bruised them all, boil them in a Gallon  
rry of ordinary Beer when it is new, and having boiled them half an  
The hour, add to this three Gallons more, and let them work together,  
bich and drink a draught of it every morning, half a pint, or therea-  
kish bouts. It is an excellent Purge for the Spring, to consume the  
ere- flegmatick quality the Winter hath left behind it, and withal  
meth keep your Body in health, and consume those evil humors which  
of the heat of Summer will readily stir up: esteem it as a Jewel.

### The common Alder-Tree

Descript.] **G**roweth to a reasonable height, and spreads much, if it  
likes the place. It is so generally well known unto Coun-  
try People, that I conceive it needless to tell them that which is no News.

Place and time.] It delighteth to grow in moist Woods, and  
watry places; flowering in April or May, and yielding ripe seed  
in September.

Government and Use.] It is a Tree under the Dominion of *Venus*,  
and of some watry Sign or other, I suppose *Pisces*, and therefore  
the Decoction or distilled Water of the Leaves, is excellent a-  
gainst Burnings, and Inflammations, either with Wounds or with-  
out, to bathe the place grieved with, and especially for that In-  
flammation in the Breast, which the Vulgar call an Ague. *Burnings,  
Inflamma-  
tions.*

If you cannot get the Leaves, (as in Winter 'tis impossible)  
make use of the Bark in the same manner.

The Leaves and Bark of the Alder-tree, are cooling, drying, and  
binding. The fresh Leaves laid upon Swellings dissolve them, and  
stay the Inflammations. The Leaves put under the bare Feet gaul-  
ed with Travelling, are a great refreshing to them. The said Leaves  
gathered while the morning dew is on them, and brought into a  
Chamber troubled with Fleas, will gather them thereinto, which  
being suddenly cast out, will rid the Chamber of those troublesome  
Bedfellows. *Coolings,  
Dryings,  
Swellings,  
Fleas.*

### Angelica.

**T**O write a Description of that which is so well known to be  
growing in almost every Garden, I suppose it altogether  
needless: yet for its Vertues it is of admirable use.

In times of Heathenism, when Men had found out any excellent  
Herb, &c. they Dedicated it to their Gods: as the Bay-Tree to  
*Apollo*; the Oak to *Jupiter*, the Vine to *Bacchus*, the Poplar to  
*Hercules*. These the Papists following as the Patriarchs, they  
Dedicate them to their Saints; as our *Ladies T'lisle* to the  
*Blessed*

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*Blessed Virgin, St. John's-Wort to St. John, and another Wort to St. Peter, &c.* Our Physitians must imitate like Apes, (though they cannot come off half so cleverly) for they blasphemously call Panies or Hearts-ease, an *Herb of the Trinity*, because it is of three colours: and a certain Ointment, an *Ointment of the Apostles*, because it consists of twelve Ingredients: Alas I am sorry for their folly, and grieved at their Blasphemy; God send them the rest of their Age, for they have their share of Ignorance already: O why must ours be blasphemous, because the Heathens and Papists were Idolatrous? Certainly they have read so much in old rusty Authors, that they have lost all their Divinity; for unless it were amongst the Ranters, I never read or heard of such Blasphemy. The Heathens and Papists were bad, and ours worse; the Papists giving Idolatrous Names to Herbs for their Vertues sake, not for their fair looks, and therefore some called this an Herb of the *Holy Ghost*; others more moderate called it *Angelica*, because of its Angelical Vertues, and that name it retains still, and all Nations follow it so near as their Dialect will permit.

*Government and Vertues.*] It is an Herb of the *Sun in Leo*, let it be gathered when he is there, the *Moon* applying to his good Aspect; let it be gathered either in his hour, or in the hour of *Jupiter*, let *Sol* be Angular, observe the like in gathering the Herbs of other Planets, and you may happen to do wonders. In all Epidemical Diseases caused by *Saturn*, this is as good a Preservative as grows: It resists Poyson, by defending and comforting the Heart, Blood, and Spirits; it doth the like against the Plague and all Epidemical Diseases; if the Root be taken in Powder to the weight of half a dram at a time, with some good Treacle in Carduus-water, and the party thereupon laid to sweat in his Bed; If Treacle be not to be had, take it alone in Carduus, or Angelica-water. The Stalks or Roots Candied and eaten fasting, are good Preservatives in time of Infection; and at other times to warm and comfort a cold Stomach. The root also steeped in Vinegar, and a little of that Vinegar taken sometimes fasting, and the Root smelled unto, is good for the same purpose. A water distilled from the Root simply, or steeped in Wine, and distilled in a Glass, is much more effectual than the Water of the Leaves, and this Water drunk two or three spoonfuls at a time, easeth all pains and torments coming of cold and wind, so as the Body be not bound: and taken with some of the Root in Powder at the beginning, helpeth the Pleurisie, as also all other Diseases of the Lungs and Breast, as Coughs, Phthisick, and shortness of Breath, and a Syrup of the Stalks doth the like. It helps pains of the Colick, the strangury, and stopping of the Urine, procureth Womens Courses, and expelleth the After-birth,

Poyson,  
Pestilence,  
Epidemi-  
cal Disea-  
ses.

Cold, Wind,  
Pleurisie,  
Cough,  
Lungs,  
Breast,  
Strangury,  
shortness of  
Breath, Co-  
lick, pre-  
vokes the  
Terms, Af-  
ter-birth.

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openeth the stoppings of the Liver and Spleen, and briefly easeth *Spleen* and discusseth all windiness and inward swelling. The Decoction of *the* drunk before the Fit of an Ague, that they may sweat (if possible) *and* before the Fit come, will in two or three times taking, rid it quite *Spleen* away: it helps digestion, and is a remedy for a surfeit. The Juyce *Indigestion* or the Water being dropped into the Eyes or Ears, helps dimness *Surfeits* of Sight and Deafness: The Juyce put into the hollow Teeth, easeth *Tooth-ach*. their pains. The Roots in Powder made up into a Plaister with a little Pitch, and laid on the biting of mad Dogs, or any other Venomous Creature, doth wonderfully help. The Juyce or the Water *Bitings of mad Dogs* dropped, or Tents wet therein, and put into old filthy deep Ulcers, *Ulcers* or the Powder of the Root (in want of either) doth cleanse and cause them to heal quickly, by covering the naked bones with flesh: The distilled Water applied to places pained with the *Gout*. Gout or Sciatica, doth give a great deal of ease. *Sciatica*.

The wild Angelica is not so effectual as the Garden, although it may be safely used to all the purposes aforesaid.

## Amaranthus.

Besides this common Name, by which it is best known by the Florists of our days, it is also called Flower-Gentle, Flower-Velure, Floramor, and Velvet-Flower.

*Descript.*] It being a Garden Flower, and well known to every one that keep of it, I might forbear the Description; yet notwithstanding, because some desire it, I shall give it: It runneth up with a stalk a cubit high, streaked, and somewhat reddish toward the Root, but very smooth, divided towards the top with small branches, among which stand long broad leaves of a reddish green colour, slippery: The flowers are not properly flowers, but tufts, very beautiful to behold, but of no smell, of reddish colour; if you bruise them, they yield juyce of the same colour; being gathered, they keep their beauty a long time; the seed is of a shining black colour.

*Time.*] They continue in flower from August till the time the Frost nip them.

*Government and Vertues.*] It is under the Dominion of Saturn, and is an excellent qualifier of the Unruly Actions and Passions of Venus, though Mars also should joyn with her. The Flowers dried and beaten into Powder, stop the Terms in Women, and so do almost all other red things. And by the Icon, or Image of every Herb, the Ancients at first found out their Vertues: Modern Writers laugh at them for it; but I wonder in my Heart, how the Vertues of Herbs came at first to be known, if not by their Signatures: The Modern have them from the Writings of the Ancients; the Ancients had no Writings



*Flux,* tings to have them from : but to proceed. The Flowers stop  
*Bleeding,* Fluxes of Blood, whether in man or woman, bleeding either at  
*Whites,* the Nose or Wound. There is also a sort of *Amaranthus* which  
*Running of* bears a white Flower which stops the Whites in Women, and the  
*the Reins,* Running of the Reins in Men, and is a most gallant Antivenerean  
*French Pox.* and a singular Remedy for the French Pox.

## Anemone.

**C**alled also Wind-flower, because they say the Flowers never  
 open but when the Wind bloweth. *Pliny* is my Author. It  
 it be not so, blame him. The seed also (if it bears any at all) flies  
 away with the Wind.

*Place and Time.*] They are sown usually in the Gardens of the  
 Curious, and flowers in the Spring-time. As for Description  
 shall pass it, being well known to all those that sow them.

*Government and Vertues.*] It is under the Dominion of *Mars*, be-  
 ing supposed to be a kind of Crow-foot. The Leaves provoke the  
 Terms mightily, being boiled, and the Decoction drunk. The Body  
 being bathed with the Decoction of them, Cures the Leprosie. The  
*Terms pro-* Leaves being stamped, and the Juyce snuffed up in the Nose, purg-  
*vokes.* eth the Head mightily, so doth the Root, being chew'd in the Mouth,  
*Head purg-* for it procureth much spitting, and bringeth away many watry and  
*eth.* flegmatick humors, and is therefore excellent for the Lethargy :  
*Lethargy.* and when all is done, let Physitians prate what they please, all the  
 Pills in the *Dispensatory* purge not the Head like to hot things held  
 in the Mouth. Being made into an Oyntment, and the Eye-lids  
*Eyes infla-* anointed with it, it helps Inflammations of the Eyes, whereby it  
*med.* is palpable that every stronger draweth its weaker like. The same  
*Ulcers.* Oyntment is excellent good to cleanse malignant and corroding  
 Ulcers.

## Garden Arrach.

**C**alled also Orach, and Arage.  
*Descript.*] It is so commonly known to every Housewife, it  
 were but labour lost to describe it.

*Time.*] It flowreth and feedeth from June to the end of August.

*Government and Vertues.*] It is under the Government of the  
 Moon ; in quality cold and moist like unto her. It softneth and  
 loosneth the body of man being eaten, and fortifieth the expul-  
 sive faculty in him. The Herb, whether it be bruised and applied  
 to the Throat, or boiled, and in like manner applied, it mat-  
 ters not much, it is excellent good for Swellings in the Throat :  
 the best way, I suppose, is to boil it, and having drunk the De-  
 coction inwardly, apply the Herb outwardly : the Decoction of  
 it besides, is an excellent Remedy for the yellow Jaundice.

Arrach,

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### Arrach, wild and stinking,

**C**alled also *Vulvaria*, from that part of the Body upon which the Operation is most; also Dogs-Arrach, Goats-Arrach, and stinking Mother-wort.

**Descript.]** This hath small, and almost round Leaves, yet a little pointed, and without dent or cut, of a dusky mealy colour, growing on the slender stalks and branches that spread on the ground, with small flowers in clusters set with the leaves, and small seeds succeeding like this: rest, perishing yearly, and rising again with its own sowing. It smells like old rotten fish, or something worse.

**Place.]** It grows usually upon Dunghills.

**Time.]** They flower in June and July, and their seed is ripe quickly after.

**Government and Vertues.]** Stinking Arrach is used as a Remedy to help Women pained, and almost strangled with the Mother, by smelling to it: but inwardly taken, there is no better Remedy under the Moon for that Disease. I would be large in commendation of this Herb, were I but Eloquent. It is an Herb under the Dominion of *Venus*, and under the Sign *Scorpio*; It is common almost upon every Dunghill. The works of God are given freely to Man, his Medicines are common and cheap, and easie to be found: 'tis the Medicines of the Colledge of Physitians that are so dear and scarce to find.) I commend it for an universal Medicine for the Womb, and such a Medicine as will easily, safely, and speedily Cure any Disease thereof, as the Fits of the Mother, Dislocation, or falling out thereof: it cools the Womb being over-heated. And let me tell you this, and I will tell you the Truth, Heat of the Womb is one of the greatest causes of hard Labour in Child-birth. It makes Barren Women fruitful, it cleanseth the Womb if it be foul, and strengthens it exceedingly: it provokes the Terms if they be stopped, and stops them if they flow immoderately: you can desire no good to your Womb, but this Herb will effect it; therefore if you love Children, if you love Health, if you love Ease, keep a Syrup always by you, made of the Juice of this Herb, and Sugar, (or Honey if it be to cleanse the Womb) and let such as be rich keep it for their poor neighbour, and bestow it as freely as I bestow my Studies upon them. or else let them look to answer it another day, when the Lord shall come to make Inquisition of Blood,

### Arch-angel.

**T**O put a gloss upon their Practice, the Physitians call an Herb (which Country People vulgarly know by the name of Dead-Nettle) Arch-angel, whether they savour of more Superstition or Folly,

Folly, I leave to the judicious Reader. There is more curiosity than courtesie to my Country-men used by others in the explanation as well of the Names, as Description of this so well known Herb: which that I may not also be guilty of, take this short Description, first of the red Arch-angel.

*Description.]* This hath divers square stalks somewhat hairy, at the joynts whereof grow two sad green Leaves dented about the edges, opposite to one another, to the lowermost upon long foot-stalks, but without any toward the tops, which are somewhat round, yet pointed, and a little crumpled and hairy: round about the upper joynts, where the Leaves grow thick, are sundry gaping flowers of a pale reddish colour after which come the seeds three or four in a Husk. The root is small and threddy, perishing every year: the whole Plant hath a strong scent, but not stinking.

White Arch-angel hath divers square stalks, none standing straight upright, but bending downward, whereon stand two Leaves at a joynt larger and more pointed than the other, dented about the edges, and greener also, more like unto Nettle-leaves, but not stinging, yet hairy. At the joynts with the Leaves stand larger and more open gaping white flowers, in Husks round about the stalks, but not with such a bush of Leaves, as flowers set in the top, as is on the other wherein stand small roundish black Seeds; The Root is white, with many strings at it, not growing downward, but lying under the upper crust of the Earth, and abideth many years increasing: This hath not so strong a scent as the former.

Yellow Arch-angel is like the white in the stalks and leaves, but that the stalks are more straight and upright, and the joynts with leaves are further asunder, having longer leaves than the former, and the flowers a little larger and more gaping, of a fair yellow colour in most, in some paler. The Roots are like the white, only they creep not so much under the ground.

*Place.]* They grow almost every-where (unless it be in the middle of the Street) the yellow most usually in the wet grounds of Woods, and sometimes in the dryer, in divers Counties of this Nation.

*Time.]* They flower from the beginning of the Spring all the Summer long.

*Vertues and Use.]* The Arch-angels are somewhat hot and dryer than the stinging Nettles, and used with better success for the stopping and hardness of the Spleen, than they by using the Decoction of the Herb in Wine, and afterwards applying the Herb hot unto the Region of the Spleen as a Plaister, or the Decoction with Spunges. The flowers of the white Arch-angel are preserved, or conserved to be used to stay the Whites, and the Flowers of the

Spleen.

Whites.

Re

Red to stay the Reds in Women. It makes the Heart merry, drives away Melancholy, quickens the Spirits, is good against Quartan Agues, stancheth bleeding at Mouth and Nose, if it be stamp- ed and applied to the Nape of the Neck, the Herb also bruised, and with some Salt and Vinegar, and Hogs-grease laid upon any hard Tumor or Swel- ling, or that which is vulgarly called the Kings- Evil, do help to dissolve or discuss them, and being in like manner appli- ed, doth much allay the pains, and give ease to the Gout, Sciatica, and o- ther pains of the Joynts and Sinews. It is also very effectual to heal green Wounds, and old Ulcers, also to stay their fretting, gnawing and spreading. It draweth forth Splinters and such like things gotten into the Flesh, and is very good against Bruises and Burnings. But the yellow Arch-angel is most commended for old, filthy, corrupt Sores and Ulcers, yea although they grow to be hollow; and to dissolve Tumors. The chief use of them is for Women, it being an Herb of *Venus*, and may be found in my *Guide for Women*.

*Melancholy, Quartan A-  
gues, Bleeding at Nose,  
Swellings, Kings-Evil,  
Gout, Sciatica, Joynts,  
Ulcers, old Sores, Bruises,  
Burnings.*

### Arf-smart.

THE hot Arf-smart is called also Water-Pepper, Culrage. The mild Arf- smart is called dead Arf-smart, Porcicaria, or Peach-wort, because the Leaves are so like the Leaves of a Peach-tree: it is also called Plum bago.

Description of the mild.] *This bath broad leaves set at the great red joynts of the stalks; with semi-circular blackish marks on them usually, yet sometimes with- out. The flowers grow in long spikes usually, either blewish or whitish with such like seed following. The Root is long, with many strings thereat, perishing yearly: this hath no sharp tast (as another sort hath, which is quick and biting) but rather sour like Sorrel, or else a little drying, or without taste.*

Place.] It grows in watry Plashes, Ditches, and the like, which for the most part are dry in Summer.

Time.] It flowereth in June, and the seed is ripe in August.

Government and Vertue.] As the Vertue of both these is various, so are also their Government: for that which is hot and biting, is under the Do- minion of *Mars*, but *Saturn* challengeth the other, as appears by that Lea- den colour'd spot he hath placed upon the Leaf.

It is of a cooling and drying quality, and very effectual for putrified Ulcers in Man or Beast, to kill Worms, and cleanse the putrified places. The Juyce thereof dropped in, or otherwise applied, consumeth all cold Swellings, and dissolveth the congealed blood of bruises by strokes, falls, &c. A piece of the Root, or some of the Seed bruised, and held to an aking Tooth, taketh away the pain. The Leaves bruised and laid to the Joynt that hath a Felon there-

*Ulcers, cold Swellings,  
Bruised, congealed Blood,  
Tooth-ach, Felons, or An-  
dicoms.*



*Worms in the Ears, Fleas,  
tyred Horses, Imposthumes,  
Inflammations, Wounds.*

on taketh it away. The Juyce destroyeth Worms in the Ears being dropped into them: if the hot Arf-smart be strewed in a Chamber, it will soon kill all the Fleas; and the Herb or Juyce of the cold Arf-smart, put to a Horse or other Cattels Sores, will drive away the Fly in the hottest time of Summer: a good handful of the hot biting Arf-smart put under a Horses Saddle, will make him Travel the better although he were half tyred before. The mild Arf-smart is good against all Imposthumes and Inflammations at the beginning, and to heal green Wounds.

All Authors chop the Vertues of both sorts of Arf-smart together, as men chop Herbs to the pot; when both of them are of clean contrary qualities. The hot Arf-smart groweth not so high, or tall, as the mild doth, but hath many leaves of the colour of Peach-leaves, very seldom or never spotted, in other particulars it is like the former, but may easily be known from it if you will but be pleased to break a leaf of it cross your Tongue, for the hot will make your Tongue to smart, so will not the cold. If you see them both together, you may easily distinguish them, because the mild hath far broader leaves: and our College of Physitians, out of the learned Care of the publick good, *Anglice* their own gain, mistakes the one for the other in their *New Master-piece*, whereby they discover, 1. Their Ignorance. 2. Their Carelessness; and he that hath but half an Eye, may see their Pride without a pair of Spectacles. I have done what I could to distinguish them in the Vertues, and when you find not the contrary named, use the cold. The truth is, I have not yet spoken with Dr. *Reason*, nor his Brother Dr. *Experience*, concerning either of them both.

### Asarabacca.

[Descript.] **A**sarabacca hath many Heads rising from the Roots, from whence come many smooth Leaves, every one upon his own foot-stalk, which are rounder and bigger than Violet-leaves, thicker also, and of a dark green shining colour on the upper side, and of a pale yellow green underneath, little or nothing dented about the edges, from among which rise small, round, hollow, brown, green husks, upon short stalks, about an inch long, divided at the brims into five divisions, very like the Cups or Heads of the Henbane-seed, but that they are smaller: and these be all the flowers it carrieth, which are somewhat sweet, being smelled unto, and wherein when they are ripe is contained small cornered, rough seeds, very like the Kernels or Stones of Grapes or Raisins. The Roots are small and whitish, spreading divers ways in the ground, and increasing into divers Heads: but not running or creeping under the ground, as some other creeping Herbs do. They are somewhat sweet in smell, resembling Nardus, but more when they are dry, than green: and of a sharp, but not unpleasant tast.

[Place.] It groweth frequently in Gardens.

[Time.] They keep their Leaves green all Winter, but shoot forth new in the Spring, and with them come forth those Heads or Flowers which give ripe seed about Mid-summer, or somewhat after.



*Government and Vertues.*] 'Tis a Plant under the Dominion of Mars, and therefore inimical to Nature. This Herb being drunk, not only provoketh Vomiting, but purgeth downward, and by Urine also, purgeth both Choler and Flegm: if you add to it some Spicknard, with the Whey of Goats-Milk, or honeyed Water, it is made more strong, but it purgeth Flegm more manifestly than Choler, and therefore doth much help pains in the Hips and other parts: It being boiled in Whey, wonderfully helpeth the Obstructions of the Liver and Spleen, and therefore profitable for the Dropsie and Jaundice, being steeped in Wine and drunk: It helps those continual Agues that come by the plenty of stubborn humours: an Oyl made thereof by setting in the Sun, with some *Laudanum* added to it, provoketh Sweating, (the ridge of the Back being anointed therewith) and thereby driveth away the shaking fits of the Ague. It will not abide any long boiling, for it loseth its chiefeft strength thereby, nor much beating, for the finer Powder doth provoke Vomits and Urine, and the courser purgeth downwards.

*Causeth Vomiting, Choler, Flegm, Urine, Obstructions of the Liver and Spleen, Dropsie, Faundice, Agues.*

The common use hereof, is to take the Juyce of five or seven leaves in a little drink to cause Vomiting: the Roots have also the same Vertue, though they do not operate so forcibly: yet they are very effectual against the biting of Serpents, and therefore are put as an Ingredient both into Mithridate and Venice-Treacle. The Leaves and Roots being boiled in Lie, and the Head often washed therewith while it is warm, comforteth the Head and Brain that is ill affected by taking cold, and helpeth the Memory.

*Serpents, Head, Memory.*

I shall desire ignorant people to forbear the use of the Leaves; the Roots purge more gently, and may prove beneficial in such as have Cancers, or old putrified Ulcers or Fistulaes upon their Bodies to take a dram of them in Powder in a quarter of a pint of white Wine in the Morning. The truth is, I fancy purging and vomiting Medicines as little as any man breathing doth, for they weaken Nature, nor shall ever advise them to be used unless upon urgent necessity. If a Physitian be Natures Servant, it is his duty to strengthen his Mistresse as much as he can, and weaken her as little as may be.

### Asparagus, Sparagus, or Sperage.

*Descript.*] **I**T riseth up at first with divers white green scaly Heads, very brittle or easie to break while they are young, which afterward rise up in very long and slender green stalks, of the bigness of an ordinary riding wand: at the bottom of most, or bigger or lesser, as the Roots are of growth: on which are set divers branches of green Leaves, shorter and smaller than Fennel to the top: at the joynts whereof come forth small mossie yellowish flowers, which turn into round Berries, green at first, and of an excellent red colour when they are ripe, shewing like heads of Coral, wherein are contained exceeding hard black Seeds. The Roots are dispersed from a spongy Head into many long, thick, and round strings, whereby it sucketh much nourishment out of the ground, and encreaseth plentifully thereby.

## Prickly Asparagus, or Sperage.

Description.] **I**t groweth usually in Gardens, and some of it grows wild in Appleton Meadow in Gloucester-shire, where the poor people do gather the Buds or young Shoots, and sell them cheaper than our Garden Asparagus is sold at London.

Time.] They do for the most part flower, and bear their Berries late in the year, or not at all, although they are housed in Winter.

Government and Vertues.] They are both under the Dominion of Jupiter. The young Buds or Branches boyled in one ordinary broth, maketh the Belly soluble and open, and boyled in white Wine, provoketh Urin, being stopped, and is good against the Strangury or difficulty of making water; it expelleth the Gravel and Stone

out of the Kidneys, and helpeth pains in the Reins. And boyled in white Wine or Vinegar, it is prevalent for them that have their Arteries loosed, or are troubled with the Hip-Gout or Sciatica. The Decoction of the Roots boyled in Wine and taken is good to clear the Sight, and being held in the Mouth easeth the Tooth-ach; & being taken fasting several mornings together stirreth up bodily Lust in Man or Woman (whatsoever some have written to the contrary.) The Garden Asparagus nourisheth more than the wild, yet hath it the same effects in all the aforementioned Diseases: The Decoction of the Roots in white Wine, and the Back and Belly bathed therewith, or kneeling or lying down in the same, or sitting therein as a Bath, hath been found effectual against pains of the Reins and Bladder, pains of the Mother, and Colick, and generally against all pains that happen to the lower parts of the body, and no less effectual against stiff and benumbed Sinews, or those that are shrunk by Cramps & Convulsions, & helpeth the Sciatica.

## Ash-Tree.

**T**His is so well known, that time will be mispent in writing a Description of it; and therefore I shall only insist upon the Vertues of it.

Government and Vertues.] It is governed by the Sun, and the young tender tops with the leaves taken inwardly, and some of them outwardly applied, are singular good against the biting of the Viper, Adder, or any other venomous Beast, and the water distilled there-from, being taken a small quantity every morning fasting, is a singular Medicine for those that are subject to a Dropsie, or to abate the greatness of those who are too gross or fat. The Decoction of the Leaves in white

Wine, helpeth to break the Stone, and expel it, and cureth the Jaundice. The Ashes of the Bark of the Ash made into Lye, and those Heads bathed therewith which are Leprous, Scabby or Scald, they are thereby Cured. The Kernels within the Husks commonly called Ashen-Keys, prevail against Stiches and Pains in the Side, proceeding of Wind, and voideth away the Stone by provoking Urine.

I can justly except against none of all this, save only the first, viz. That Ash-tree Tops and Leaves are good against the bitings of Serpents and Vipers. I suppose this had its rise from Gerard or Pliny, both which hold, That there is such an Antipathy between an Adder and an Ash-tree, that if an Adder be compassed round with Ash-tree Leaves, she will sooner run through the Fire than through the Leaves: the contrary to which is the truth as both my Eyes are Witness. The rest are Vertues something likely, only if it be in Winter when you cannot get the Leaves, you may safely use the bark instead of them. The Keys you may easily keep all the year, gathering them when they are ripe,

*Avens, called also Colewort, and Herb Bonet.*

**Description.]** **T**His ordinary Avens, hath many long, rough, dark, green winged leaves rising from the Root; every one made of many Leaves set on each side of the middle Rib, the largest three whereof grow at the end and are snip'd or dented round about the edges: the other being small pieces, sometimes two, and sometimes four, standing on each side of the middle Rib underneath them. Among which do rise up divers rough or hairy stalks about two foot high, branching forth with Leaves at every joyn, not so long as those below, but almost as much cut in on the edges, some into three parts, some into more. On the tops of the branches stand small, pale yellow flowers, consisting of five leaves, like the flowers of Cinquefoyl, but large, in the middle whereof standeth a small green Herb, which when the flower is fallen, groweth to be rough and round, being made of many long greenish purple seeds (like grains) which will stick upon your Cloaths. The Root consists of many brownish strings or fibres, smelling somewhat like unto Cloves, especially those which grow in the higher, hotter, and dryer grounds, and in the freer and clear Air.

**Place.]** They grow wild in many places under Hedg-sides, and by the Pathways in fields: yet they rather delight to grow in shadowy than sunny places.  
**Time.]** They flower in May and June for the most part, and their Seed is ripe in July at the furthest.

**Government and Vertues.]** It is governed by Jupiter, and that gives hopes of a wholesome healthful Herb. It is good for the Diseases of the Chest or Breast, for Pains, Stiches, Breast, Stiches, Wind, Belly, Stomach, inward Wounds, from the Belly and Stomach by the sweet savor & Heart, cold-Brain, Ob-warming quality. It dissolveth the inward congeal- structions, Colick, Fluxes, ed blood hapning by falls or bruises, and the spit- Ruptures, Spors and ting of blood if the Roots either green or dry, Marks in the Face, Plague, be boyled in Wine and drunk, as also all man- Poyson, Indigestion, ner of inward Wounds or outward, if they be washed or bathed therewith. The decoction also being drunk, comfort- eth the Heart, and strengtheneth the Stomach, and a cold Brain, and there- fore is good in the Spring-time to open Obstructions of the Liver, and helpeth

helpeth the Wind-Colick: it also helps those that have Fluxes, or are Bursten, or have a Rupture: it taketh away Spots or Marks in the Face, being washed therewith. The Juyce of the fresh Root, or Powder of the dried Root, hath the same effect with the Decoction. The Root in the Spring-time steeped in Wine, doth give it a delicate flavour and taste, and being drunk fasting every morning, comforteth the Heart, and is a good preservative against the Plague, or any other Poyson. It helpeth digestion, and warmeth a cold stomach, and openeth Obstructions of the Liver and Spleen.

It is very safe, you need have no Dose prescribed; and is very fit to be kept in every bodys house.

### Balm.

**T**his Herb is so well known to be an Inhabitant almost in every Garden, that I shall not need to write any Description thereof, although the Vertues thereof, which are many, may not be omitted.

*Government and Vertues.*] It is an Herb of *Jupiter*, and under *Cancer*, and strengthens Nature much in all its actions. Let a Syrup made with the Juyce of it and sugar (as you shall be taught at the latter end of the Book) be kept in every Gentlewomans house, to relieve the weak Stomachs and sick Bodies of their poor sickly Neighbours; as also the Herb kept dry in the house, that so with other convenient Simples, you may make it into an Electuary with Honey according as the Disease is, as you shall be taught at the latter end of my Book. The *Arabian* Physicians have extolled the Vertues thereof to

*Mind, Heart, Faintings, Swoonings, Melancholy, Integestum, Obstruction of the Brain, Heart, Arteries, venomous Bessis, mad Dogs, Terms provokes, Tooth-ack, Bloody-Flux, Mushrooms, difficulty of Breathing, Gout, Liver, Spleen.*

the Skies, although the *Greeks* thought it not worth mentioning. *Senapin* saith, It causeth the Mind and Heart to become merry, and reviveth the Heart, fainting in Swoonings, especially of such who are over-taken in Sleep, and driveth away all troublesome cares and thoughts out of the mind arising from Melancholy, or black Choler; which *Awen* also confirmeth. It is very good to help digestion, and open Obstructions of the Brain: and hath so much purging quality in it (saith *Avicenna*) as to expel those melancholy vapors from the Spirits and Blood which are in the

Heart, and Arteries, although it cannot do so in other parts of the Body. *Discorides* saith. That the Leaves steeped in Wine, and the Wine drunk, and the Leaves externally applied, is a Remedy against the sting of a Scorpion, and the biting of mad Dogs; and commendeth the Decoction thereof for Women to bath or sit in to procure their Courses; it is good to wash aking Teeth therewith, and profitable for those that have the Bloody-flux. The Leaves also with a little Nitre taken in drink, are good against a surfeit of Mushrooms, helps the griping pains of the Belly, and being made into an Electuary, it is good for them that cannot fetch their Breath: used with Salt, it takes away Wens, Kernels or hard Swellings in the Flesh or Throat: it cleanseth foul Sores, and easeth pains of the Gout. It is good for the Liver and Spleen. A Tansie or Caudle made with Eggs, and Juyce thereof while it is

young



young, putting to it some Sugar and Rose-water, is good for a Woman in Child-bed, when the After-birth is not thoroughly avoided, and for their Faintings upon or in their fore Travel. The Herb bruised and boiled in a little Wine and Oyl, and laid warm on a Boyl, will ripen and break it.

Barberry.

THE Shrub is so well known by every Boy and Girl that hath but attained to the age of seven years, that it needs no Description.

*Government and Vertues.*] *Mars* owns the Shrub, and presents it to the use of my Countrey-men to purge their Bodies of Choler. The inner Rind of the Barberry-tree boiled in white Wine, and a quarter of a pint drunk each morning, is an excellent Remedy to cleanse the Body of Cholerick humours, and free it from such Diseases as Choler cauſeth, such be Scabs, Itch, Tetters, Ringworms, yellow Jaundice, Boyls, &c. It is excellent for hot Agues, Burnings, Scaldings, heat of the Blood, heat of the Liver, Bloody-flux; for the Berries are as good as the Bark, and more pleasing, they get a man a good Stomach to his Victuals, by strengthening the attractive faculty, which is under *Mars*, as you may see more at large in the latter end of my *Ephemeris* for the Year 1651. The Hair washed with the Lye made of the Ashes of the Tree and Water, will make it turn yellow, viz. of *Mars* his own colour. The Fruit and Rind of the Shrub, the Flowers of Broom and of Heath, or Furz, cleanse the Body of Choler by Sympathy, as the Flowers, Leaves and Bark of the Peach-tree do by Antipathy: because these are under *Mars*, that under *Venus*.

Choler, Scabs, Itch, Tetters, Ringworms, yellow Jaundice, Boyls, Agues, Burnings, Scaldings, Appetite, lost Hair.

Barley.

THE continual usefulness hereof hath made all in general so acquainted herewith, that it is altogether needless to describe its several kinds hereof plentifully growing, being yearly sown in this Land. The Vertues whereof take as followeth.

*Government and Vertues.*] It is a notable Plant of *Saturn*, if you view diligently its effects by Sympathy and Antipathy, you may easily perceive a Reason of them, as also why Barley-bread is so unwholesome for Melancholy people. Barley in all the parts and compositions thereof (except Malt) is more cooling than Wheat, and a little cleansing, and all the preparations thereof, as Barley-water, and other things made thereof do give great nourishment to persons troubled with Feavers, Agues, and Heats in the Stomach. A Pultis made of Barley-meal or Flower boiled in Vinegar and Honey, and a few dry Figs put into them dissolveth all hard Imposthumes, and assuageth Inflammations being thereto applied. And being boiled with Melilot and Camile.

Feavers, Agues, Stomach, Aposthumes, Inflammations, Spleen.



momile-flowers, and some Linseed, Fenugreek and Rue in powder, and applied warm it easeth pains in side and Stomach, and windiness of the Spleen. The Meal of Barly and Flea-wort boyled in water, and made into a Pultis

with Honey and Oyl of Lillies applied warm, cureth Swellings under the Ears, Throat, Neck, and such like : and a plaister made thereof with Tar, Wax and Oyl, helpeth the Kings-Evil in the

Throat : boyled with sharp Vinegar into a Pultis, and laid on hot, helpeth the Leprosie : being boiled in red Wine with Pomgranate Rinds and Mirtles, stayeth the Lask or other Flux of the Belly: boiled with Vinegar and Quince, it easeth the pains of the Gout. Barley-flower, white-Salt, Honey and Vinegar mingled together, taketh away the Itch speedily and certainly. The Water distilled from the green Barley in the end of May, is very good for those that have Defluxions of humours fallen into their Eyes, and easeth the pains being dropped into them, or white Bread steeped therein, and bound on to the Eyes, doth the same.

### Garden Bazil or Sweet Bazil.

**Descript.]** **T**HE greater or ordinary Bazil riseth up usually with one upright stalk diversly branching forth on all sides, with two leaves at every joint, which are somewhat broad and round, yet pointed, of a pale green colour, but fresh, a little snip'd about the edges, and of a strong beady scent. The flowers are small and white, standing at the tops of the branches, with two small leaves at the joynts, in some places green, in others brown, after which come black seed. The Root periseth at the approach of Winter, and therefore must be new sown every year.

**Place.]** It only groweth in Gardens.

**Time.]** It must be sowed late, and flowers in the heat of Summer, being a very tender Plant.

**Government and Vertues.]** This is the Herb which all Authors are together by the Ears about, and rail at one another like Lawyers, *Gallen* and *Dioscorides* hold it not fitting to be taken inwardly: and *Chrysippus* rails at it with downright *Billinggate* Rhetorick. *Pliny* and the *Arabian* Physitians defend it.

For mine own part I presently found that Speech true ;

*Non nostrum inter nos tantas componere lites.*

And away to Dr. *Reason* went I, who told me it was an Herb of *Mars* & under the *Scorpion*, and perhaps therefore called *Basilicon*, and then no marvel if it

carry a kind of virulent quality with it, Being applied to the place bitten by a venomous Beast or stung by a Wasp or Hornet, it speedily draws the poyson to it : *Everylike draws his like.* *Mizaldus* affirms, that it being laid to rot in Horse-dung, it will breed venomous Beasts. And *Hollerius* a French Physitian, affirms upon his own knowledge, That an acquaintance of his by common smelling to it, had a *Scorpion* bred in his Brain. Something is the matter this Herb and Rue will not grow together, no, nor near one another : and we know Rue is as great an enemy to *Jeck* as any grows.

To

To conclude : It expelleth both Birth and After-birth : and as it helps the deficiency of *Venus* in one kind, so it spoils all her actions in another. I dare write no more of it.

The Bay-Tree.

This is so well known, that it needs no Description ; I shall therefore only write the Vertues thereof, which are many.

*Government and Vertues.*] I shall but only add a word or two, to what my Friend hath written, viz. That it is a Tree of the *Sun*, and under the Celestial Sign *Leo*, and resisteth *Witchcraft*.

Witchcraft very potently, as also all the evils old *Saturn* can do to the body of Man, and they are not a few; for it is the speech of one, and I am mistaken if it were not *Mizaldus*, that neither Witch nor Devil, Thunder nor Lightning, will hurt a Man in the place where a Bay-tree is. *Galen* saith, that the Leaves or Bark do dry and heal very much, and the Berries more than the Leaves The Bark of the Root is less sharp and hot, but more bitter, and hath some astringency withal,

whereby it is effectual to break the Stone, and good to open Obstructions of the Liver, Spleen, and other inward parts, which bring the Dropsie, Jaundice, &c. The Berries are very effectual against all Poyson of venomous Creatures, and the stings of Wasps, and Bees, as also against the Pestilence, or other infectious, Diseases, and therefore is put into sundry Treacles for that purpose: they likewise procure Womens Courses; and seven of them given to a Woman in fore Travel of Child-birth do cause a speedy delivery, and expel the After-birth, and therefore not

to be taken by such as have not gone out their time, lest they procure Abortment, or cause Labour too soon: they wonderfully help all cold and rheumatick Distillations from the Brain to the Eyes, Lungs or other parts. And being made into an Electuary with Honey do help the Consumption, old Coughs, shortness of Breath and thin Rheums; as also the Megrim: they mightily expel Wind, and provoke Urine; help the Mother, and kill the Worms: The Leaves also work the like effects. A Bath of the Decoction of the Leaves and Berries, is singular good for Women to sit in, that are troubled with the Mother, or the Diseases thereof, or the stoppings of their Courses, or for the Diseases of the Bladder, pains in the Bowels by wind and stopping of Urine. A Decoction likewise of equal parts of Bay-berries, Cummin-seed, Hyssop, Origanum, and Euphorbium, with some Honey, and the Head bathed therewith doth wonderfully help Distillations and Rheums, and setteth the Pallate of the Mouth into its place. The Oyl made of the Berries is very comfortable in all cold griefs of the Joynts, Nerves, Arteries, Stomach, Belly, or Womb, and helpeth Palsies, Convulsions, Cramps, Aches, Tremblings and numbness in any

Stone, Obstructions of the Liver and Spleen, Dropsie, Poyson, Jaundice, Bees, Wasps, Hornets, Terms Provokes, causes Delivery, After-birth, Cough, Eyes, Lungs, shortness of Breath, Megrim, Wind, Vertigo, Dysjury, Mother, Worms, Joynts, Nerves, Arteries.

any part, weariness also, and pains that come by fore travelling: All griefs and pains proceeding from Wind, either in the Head, Stomach, Back,

Belly or Womb, by anointing the parts affected therewith: And pains in the Ears are also cured by dropping in some of the Oyl, or by receiving into the Ears the warm fume of the Decoction of the Berries through a Funnel. The Oyl takes away the marks of the Skin and Flesh by bruises, falls, &c. and dissolveth the congealed blood in them. It helpeth also the Itch, Scabs and Wheals in the Skin.

### Beans.

**B**Oth the Garden and Field-Beans are so well known, that it saveth me labour of writing any Description of them. Their Vertues follow.

*Government and Vertues.*] They are Plants of *Venus*; and the distilled Water of the Flower of Garden Beans, is good to cleanse the Face and Skin from Spots and Wrinkles, and the Meal or Flower of them, or the small Beans, doth the same. The Water distilled from the green Husks, is held to be very effectual against the Stone, and to provoke Urine, Bean-flower is used in Pultisses to assuage Inflammations rising upon Wounds, and the swelling of Womens Breasts, caused by the curdling of their Milk, and represseth their Milk: The Flower of Beans and Fenugreek mixed with Honey, and applied to Felons, Boyls, Bruises, or blew marks by Blows, or the Imposthumes in the Kernels of the Ears, helpeth them all: And with Rose-leaves, Frankincense, and the white of an Egg being applied to the Eyes, helpeth them that are swollen, or do water, or have received any blow upon them, if used with Wine. If a Bean be parted in two, the Skin being taken away, and laid on the place where a Leech hath been set that bleedeth too much, it stayeth the bleeding. Bean-flower boyled to a Pultis with Wine and Vinegar, and some Oyl put thereto, ceaseth both pain and swelling of the Cods. The Husks boyled in water to a consumption of a third part thereof, stayeth a Lask: And the Ashes of the Husks made up with old Hogs-grease, helpeth the old Pains, Contusions and Wounds of the Sinews, the Sciatica and Gout. The Field-Beans have all the aforementioned Vertues as the Garden-Beans.

*Spots, Stone, Disury, Inflammations, Womens Breasts, Felons or Andicoms, Boils, Bruises, Ears, Eyes, Leeches, Cods, Swellings, Flux, Pain, Sinews, Sciatica, Gout.*

Beans eaten are extreme windy meat; but if after the *Dutch* fashion, when they are half boyled you husk them, and then stew them (I cannot tell you how, for I never was Cook in all my life) they are wholsomer food.

### French Beans.

Description.] **T**HIS French or Kidney-Bean, ariseth up at first but with one stalk, which afterwards divideth it self into many arms

*griefs*  
*Back*  
*ected*  
*cured*  
*iving*  
*on of*  
*takes*  
*iveth*  
*neals*

or Branches, but also weak, that if they be not sustained with sticks, or poles, they will lie fruitless upon the ground: At several places of these Branches grow forth long foot stalks, with every one of them three broad round and pointed green Leaves at the end of them, towards the top whereof come forth divers Flowers made like unto Pease-Blossoms, of the same colour for the most part that the Fruit will be of, that is to say, white, yellow, red, blackish, or of a deep purple, but white is most usual; after which come long and slender flat Pods, some crooked, some strait, with a string as it were running down the back thereof, wherein are contained flattish round Fruit made to the fashion of a Kidney: the Root is long, spreadeth, with many strings annexed to it, and perisheth every year.

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There is another sort of French Beans commonly growing with us in this Land, which is called the Scarlet-flowered Bean.

This ariseth up with sundry branches as the other, but runs up higher to the length of Hop-poles, about which they grow twining, but turning contrary to the Sun, having foot-stalks with three Leaves on each, as on the other: The flowers also are in fashion like the other: but many more set together, and of a most Orient Scarlet colour: The Beans are larger than the ordinary kind, of a deep Purple colour, turning black when it is ripe and dry: The Root perisheth also in Winter.

*Government and Vertues.*] These also belong to Dame Venus, and being dried and beat to Powder, are as great strengtheners of the Kidneys as any are: neither is there a better Remedy than it, a dram at a time taken in white Wine to prevent the Stone, or to cleanse the Kidneys of Gravel or Stoppage. The ordinary French Beans are of an easie digestion, they move the Belly, provoke Urine, enlarge the Breast that is streightned with shortness of Breath, engender Sperm, and incite to Venery.

And the Scarlet-coloured Beans, in regard of the glorious beauty of their colour, being set near a Quick-set Hedge, will bravely adorn the same by climbing up thereon, so that they may be discerned a great way, not without admiration of the beholder at a distance. But they will go near to kill the Quicksets by cloathing them in Scarlet.

### Ladies Bed-Straw.

**B**esides the common name above-written, it is called Cheef-Rennet, because it performs the same office; as also Gallion, Pettimugget and Maids-hair, and by some wild Rosemary.

*Description.*] This riseth up with divers small, brown, and square upright stalks a yard high, or more, sometimes branches forth into divers parts, full of Foynts, and with divers very fine small Leaves at every one of them, little or nothing rough at all: at the tops of the Branches grow many long Tufts or Branches of yellow Flowers very thick set together, from the several Foynts which consist of four Leaves a piece, which smell somewhat strong, but not unpleasant: The seed is small and black like Poppy-seed, two for the most part joyned together:

The



The Root is reddish with many small threads fastned unto it, which takes strong hold of the ground, and creepeth a little: And the Branches leaning a little down to the ground, take Root at the joynts thereof, whereby it is easily encreased.

There is also another sort of Ladies-bed-straw growing frequently in England, which beareth white flowers as the other doth yellow; but the branches of this are so weak, that unless it be sustained by the Hedges, or other things near which it groweth, it will lie down to the ground; the Leaves a little bigger than the former, and the flowers not so plentifully as those; and the Root hereof is also thriddy and abiding.

Place.] They grow in Meadows and Pastures both wet and dry, and by the Hedges.

Time.] They flower in May for the most part, and the seed is ripe in July and August.

Government and Vertues.] They are both Herbs of Venus, and therefore strengthening the parts both internal and external which she rules. The

Decoction of the former of those being drunk, is good to fret and break the Stone, provoke Urine, stayeth inward Bleeding, and healeth inward Wounds. The Herb or Flower bruised and put up into the Nostrils, stayeth their bleeding likewise: The flowers and herbs being made into an Oyl, by being set in the Sun, and changed after it hath stood ten or twelve dayes; or into an Ointment being boiled in Axungia or sallet Oyl, with some wax melted therein, after it is strained: either the Oyl made thereof, or the Ointment do help Burnings with Fire, or Scaldings with water. The same also, or the Decoction of the Herb and Flower, is good to bath the Feet of Travellers and Lacquies, whose long running causeth Weariness and stiffness in their Sinews and Joynts: If the Decoction be used warm, and the Joynts afterwards anointed with Ointment, it helpeth the dry Scab, and the Itch in Children: and the Herb with the white Flower is also very good for the Sinews, Arteries, and Joynts, to comfort and strengthen them after Travel, Cold, and Pains.

### Beets.

OF Beets there are two sorts, which are best known generally, and whereof I shall principally treat at this time, viz. The white and red Beets and their Vertues.

Descript.] The common white Beet hath many great Leaves next the ground somewhat large, and of a whitish green colour: The Stalk is great, strong and ribbed, bearing great store of Leaves, upon it, almost to the very top of it: The Flowers grow in very long tufts, small, at the ends, and turning down their heads, which are small pale, greenish, yellow Burs: giving cornered prickled seed. The Root is great, long and hard, and when it hath given seed, is of no use at all.



The common Red Beet differeth not from the White but only it is lesser, and the Leaves and the Roots are somewhat red: the Leaves are differently red, in some only with red stalks or veins; some of a fresh red, and others of a dark red. The Root thereof is red, spongy, and not used to be eaten.

*Government and Vertues.*] The Government of these two sorts of Beets are far different; the red Beet being under *Saturn*, and the white under *Jupiter*; therefore take the Vertues of them apart, each by himself. The white Beet doth much loosen the Belly, and is of a cleansing digesting quality and provoketh Urine: The Juyce of it openeth Obstructions both of the Liver and Spleen, and is good for the Head-ach and swimings therein, and turnings of the Brain; and is effectual also against all venomous Creatures: and applied upon the Temples, stayeth Inflammations in the Eyes; it helpeth Burnings, being used without Oyl, and with a little

*Cleanse, Digest, Dysury, Obstructions of the Liver and Spleen, Vertigo, Venomous Beasts, Burnings, St. Anthonies fire, Wheals, Blisters, Chilblain, Kibes, Itch, Dandriff, Scabs, Ulcers, Canker, Baldness.*

Allum put to it, it is good for *St. Anthonies Fire*. It is good also for all Wheals, Pufhes, Blisters, and Blains in the Skin: The Herb boyled and laid upon Chilblains or Kibes, helpeth them: The Decoction thereof in Water and some Vinegar, healeth the Itch, if bathed therewith, and cleanseth the Head of Dandriff, Scurf, and dry Scabs, and doth much good for fretting and running Sores, Ulcers, and Cankers, in the Head, Legs or other parts, and is much commended against Baldness and shedding of Hair.

The red Beet is good to stay the bloody Flux, VVomens Courfes and the VWhites, and to help the yellow Jaundice. The Juyce of the Root put into the Nostrils, purgeth the Head, helpeth the Noise in the Ears, and the Tooth-ach; the Juyce snuffed up the Nose, helps a stinking Breath, if the cause lies in the Nose, as many times it doth, if any bruise hath been there, as also want of Smell coming that way.

*Flux, Terms, stops Whites, Stinking Breath, noise in the Ears, Smell lost.*

### Water-Betony.

**C**alled also *Broom-wort*, and in *Yorkshire*, *Bishops-Leaves*.

*Description.*] First of the VWater-Betony, which riseth up with square hard, greenish stalks, sometimes brown, set with broad dark green Leaves dented about the edges with notches, somewhat resembling the Leaves of the Wood-Betony, but much larger, two for the most part set at a joynt. The Flowers are many, set at the tops of the stalks and branches, being round bellied and open at the brims, and divided into two parts, the uppermost being like a hood, and the lowermost like a lip hanging down, of a dark red colour, which passing away, there comes in their places small round heads, with small points in the ends, wherein lie small and brownish seeds: The Root is a thick bush of strings and shreds growing from the Head.

*Place.]*

*Place.]* It groweth by Ditch-sides, Brooks, and other Water-courses generally through this Land, and is seldom found far from the Water-sides.

*Time.]* It flowreth about *July*, and the seed is ripe in *August*.

*Government and Vertues.]* Water-Betony is an Herb of *Jupiter* in *Cancer*, and is appropriated more to Wounds and Hurts in the Breast than Wood-Betony, which follows. It is an excellent Remedy for sick Hogs. It is of a

*Ulcers.*

*Bruises.*

*Sun-burning.*

cleansing quality; the Leaves bruised and applied, are effectual for all old and filthy Ulcers; and especially if the Juice of the Leaves be boyled with a little Honey, and dipped therein, and the Sores dressed therewith: as also for Bruises or Hurts, whether inward or outward: The distilled Water of the Leaves is used for the same purposes: as also to bath the face or hands spotted or blemished, or discoloured by Sun-burning.

I confess I do not much fantasie distilled Waters, I mean such Waters as are distilled cold; some Vertues of the Herb they may happily have (it were a strange thing else) but this I am confident of, that being distilled in a Pewter Still, as the vulgar and apish fashion is, both Chymical Oyl and Salt is left behind, unless you burn them, and then all is spoiled, Water and all, which was good for as little as can be by such a Distillation. You have the best way of Distillation in my *Translation of the London Dispensatory*.

### Wood-Betony.

*Descript.]* **C**ommon or Wood-Betony hath many Leaves rising from the Root which are somewhat broad and round at the end, roundly dented about the edges, standing upon long foot-stalks, from among which rise up small square, slender, but yet upright hairy stalks with some Leaves thereon, two a piece at the joynts, smaller than the lower, whereon are set severall spiked Heads of Flowers like Lavender, but thicker and shorter for the most part, and of a reddish or purple colour, spotted with white spots both in the upper and lower part. The Seeds being contained within the Husks that hold the flowers, are blackish, somewhat long and uneven. The Roots are many white threddy strings; the stalk perisheth, but the Roots with some Leaves thereon, abide all the Winter. The whole Plant is somewhat small.

*Place.]* It groweth frequently in Woods, and delighteth in shady places.

*Time.]* And it flowreth in *July*, after which the Seed is quickly ripe, yet in its prime in *May*.

*Government and Vertues.]* The Herb is appropriated to the Planet *Jupiter*, and the Sign *Aries*. *Antonius Musa*, Physitian to the Emperour *Augustus Caesar*, wrote a peculiar Book of the Vertues of this Herb; and amongst other

Ver-

Vertues, faith of it, That it preserveth the Liver and Bodies of Men from the danger of Epidemical Diseases, and from Witchcrafts also: It is found by daily experience to be good for many Diseases; It helpeth those that loath, or cannot digest their Meat, those that have weak Stomachs, or sour Belchings, or continual rising in their Stomachs, using it familiarly either green or dry; either the Herb or Root, or the Flowers in Broth, Drink or Meat, or made into Conserve, Syrup, Water, Electuary or Powder, as every one may best frame themselves unto, or as the time or season requireth, taken any of the aforesaid ways, it helpeth the Jaundice, Falling-sickness, the Palsie, Convulsions or shrinking of the Sinews, the Gout and those that are inclined to Dropisie, those that have continual pains in their Head, although it turn to Phrensie. The Powder mixed with pure Honey is no less available for all sorts of Coughs or Colds, Wheesing, or shortness of Breath, Distillations of thin Rheum upon the Lungs, which causeth Consumptions. The decoction made with Mead, and a little Peny-royal, is good for those that are troubled with putrid Agues, whether Quotidian, Tertian, or Quartan, and to draw down and evacuate the blood and humours, that by falling into the Eyes, do hinder the sight: the Decoction thereof made in Wine, and taken, killeth the Worms in the Belly, openeth Obstructions both of the Spleen and Liver, cureth Stitches, and Pains in the Back or Sides, the torments and griping pains of the Bowels and the Wind-Colick: and mixed with Honey, purgeth the Belly, helpeth to bring down Womens Courses, and is of special use for those that are troubled with the falling down of the Mother, and pains thereof, and causeth an easie and speedy delivery of Women in Child-birth: It helpeth also to break and expel the Stone either in the Bladder or Kidneys. The Decoction with Wine gargled in the Mouth, easeth the Tooth-ach. It is commended against the stinging or biting of venomous Serpents or mad Dogs, being used inwardly, and applied outwardly to the place. A dram of the Powder of Betony, taken with a little Honey in some Vinegar, doth wonderfully refresh those that are over-wearied by Travel; it stayeth Bleeding at the Mouth or Nose, and helpeth those that piss or spit Blood, and those that are Bursten, or have a Rupture, and is good for such as are bruised by any Fall, or otherwise. The green Herb bruised, or the Juyce applied to any inward hurt, or outward green Wound in the Head or Body, will quickly heal and close it up; as also any Veins or Sinews that are cut; and will draw forth any broken Bone or Splinter, Thorn, or other thing gotten into the Flesh: It is no less profitable for old Sores or filthy Ulcers; yea though they be fistulous and hollow,

*Epidemical Diseases, Witchcraft, Appetite, Indigestion, Stomach, Belching, Jaundice, Falling-sickness, Palsie, Convulsion, shrinking of the Sinews, Gout, Dropisie, Frensie, Cough, Colds, shortness of Breath, Agues, of all sorts, sore Eyes, Worms, Obstructions of the Liver and Spleen, Stitches, Pains in the Back and Belly, Terms provokes, Mother, Child-birth, Stone, Tooth-ach, venomous Beasts, mad Dogs, Weariness, Bleeding at Mouth and Nose, Pissing, and Spitting of Blood, Rupture, Bruises, Wounds, Veins and Sinews, cut Ulcers, Fistulaes, Boyls, Ears.*

low but some do advise to put a little Salt to this purpose : Being applied with a little Hogs Lard. It helpeth a plague-Sore, and other Boyls and Pushes : The fumes of the Decoction while it is warm, received by a funnel into the Ears, easeth the pains of them, destroyeth the Worms, and cureth the running Sores in them : The Juice dropped into them, doth the same. The Root of Betony is displeasing both to the tast and Stomach : whereas the Leaves and Flowers by their sweet and spicy tast, are comfortable both in Meat and Medicine.

These are some of the many Vertues *Antony Musa* an expert Physician, (for it was not the practice of *Octavius Caesar* to keep fools about him) appropriates to Betony ; It is a very precious Herb, that is certain, and most fitting to be kept in a Mans house both in Syrup, Conserve, Oyl, Oyntment and Plaister. The Flowers are usually conserved.

### The Beech-Tree.

**I**N treating of this Tree, you must understand that I mean the great Mast Beech ; which is by way of distinction from that other small rough sort, called in *Sussex* the small Beech ; but in *Essex* Horn-beam.

I suppose it is needless to describe it, being already so well known to my Country-men.

*Place.]* It groweth in Woods amongst Oaks and other Trees, and in Parks, Forrests and Chafes to feed Deer; and in other places to fatten Swine.

*Time.]* It bloometh in the end of *April* or beginning of *May*, for the most part, and the Fruit is ripe in *September*.

*Government and Vertues.]* It is a plant of *Saturn*, and therefore performs his qualities and properties in these operations :  
*Cools, Binds, Hot Swelling, Scurf, Scabs, Tetters.* The Leaves of the Beech-Tree are Cooling and Binding, and therefore good to be applied to hot Swellings to disperse them : The Nuts do much nourish such Beasts as feed thereon. The Water that is found in the hollow places of decaying Beeches, will cure both Man and Beast of any Scurf, Scab, or running Tetters, if they be washed therewith. You may boyl the Leaves into a Pultis, or make an ointment of them, when time of year serves.

*Bilberries ; called by some, Whorts and Whortle-Berries.*

**Descript.]** **O**F those I shall only speak of two sorts, which are commonly in England, viz. The black and Red Bilberries. And first of the Black.

The small Bush creepeth along upon the Ground, scarce rising half a yard high, with divers small dark green Leaves set on the green Branches, not always one against the other, and a little dented about the edges : At the Foot of the Leaves come forth small, hollow, pale, bluish coloured Flowers, the brims ending in five points, with a reddish thred in the middle, which pass into small round Berries of the bigness and colour of Juniper-berries, but of a purple sweetish sharp tast : the Juice of them giveth a purplish colour to their hands and lips



lips that eat and handle them, especially if they break them. The Root groweth a slope under ground, shooting forth in sundry places as it creepeth. This loseth its Leaves in Winter.

The red Bilberries, or Whortle-bush, riseth up like the former, having sundry hard Leaves, like the Box-tree Leaves, green and round pointed, standing on the several branches, at the tops whereof only, and not from the sides, as in the former, come forth divers round flowers, of a pale red colour, after which succeed round, redish, sappy Berries, when they are ripe, of a sharp tast. The Root runneth in the ground, as in the former, but the Leaves of this abide all the Winter.

Place.] The first groweth in Forrests, on the Heaths, and such like barren places: The Red grows in the North parts of this Land, as Lancashire, Yorkshire, &c.

Time.] They flower in March and April, and the Fruits of the black is ripe in June and July.

Government and Vertues.] They are under the Dominion of Jupiter. It is pity they are used no more in Physick than they are. The black Bilberries are good in hot Agues, and to cool the heat of the

Liver and Stomach: they do somewhat bind the Belly and stay Vomitings and Loathings: the

Agues, Stomach, Liver,  
Vomiting, Appetite lost,  
Cough, Fluxes.

Juyce of the Berries made into a Syrup, or the Pulp made into a conserve with sugar is good for the purposes aforesaid, as also for an old Cough, or an Ulcer in the Lungs, or other Diseases therein. The Red Whorts are more binding, and stop Womens Courfes, spitting of Blood, or any other flux of Blood or humours, being used as well outwardly as inwardly.

### Boisfoyl, or Twablade.

Descript.] **T**His small Herb from a Root somewhat sweet, shooting downwards many long strings, riseth up a round green stalk, bare or naked next the ground for an inch, two or three to the middle thereof, as it is in age or growth, as also from the middle upward to the flowers, having only two broad Planta ne like Leaves (but whiter) set at the middle of the stalk one against another, and compasseth it round at the bottom of them.

Place.] It is an usual Inhabitant in Woods, Copses, and in many other places in this Land.

There is another sort grows in wet grounds and Marshes, which is somewhat differing from the former: It is a smaller Plant, and greener, having sometimes three Leaves; the spike of the flowers is less than the former and the Roots of this do run or creep in the ground.

They are much and often used by many to good purpose for Wounds both green and old, Wounds, Ruptures, and to consolidate or knit Ruptures, and well it may, being a plant of Saturn.



## The Birch-Tree.

**Descript.]** **T**His groweth a goodly tall straight Tree, fraught with many Boughs and slender Branches bending downwards; the old being covered with a discoloured chapped Bark, and the younger being browner by much: The Leaves at the first breaking out are crumpled, and afterwards like the Beech-leaves but smaller and greener, and dented about the edges. It beareth small short Catskins, somewhat like those of the Hazel Nut-tree, which abide on the Branches a long time, until growing ripe, they fall on the ground, and their seed with them.

**Place.]** It usually groweth in Woods.

**Government and Vertues.]** It is a Tree of *Venus*, the Juyce of the Leaves while they are young, or the distilled water of them, or the water that comes from the Tree being boared with an Augur, and distilled afterwards: any of these being drunk for some days together, is available to break the Stone in the Kidneys and Bladder, and is good also to wash sore Mouths.

## Birds-foot.

**T**His small Herb groweth not above a span high, with many Branches spread upon the ground, set with many wings of small Leaves. The Flowers grow upon the Branches, many small ones of a pale yellow colour, being set a head together, which afterwards turned into so small Joynted Cods well resembling the Claws of small Birds, whence it took its name.

There is another sort of Birds-foot in all things like the former, but a little larger: the Flowers of a pale whitish red colour, and the Cods distinct by joynts like the other, but a little more crooked, and the Roots do carry many small white knots or kernels amongst the frings.

**Place.]** These grow on Hearths and many open untilld places of this Land.

**Time.]** They flower and seed in the end of Summer.

**Government and Vertues.]** They belong to *Saturn* and are of a drying, binding quality, and thereby very good to be used in Wound-drinks, as also to apply outwardly for the same purpose. But the latter Birds-foot is found by experience to break the Stones in the

Back or Kidneys, and drive them forth, if the Decoction thereof be taken; and it wonderfully helpeth the Rupture being taken inwardly and outwardly applied to the place.

All Salts have best operation upon the Stone, as Ointments and Plaisters have upon Wounds: and therefore you may make a Salt of this for the Stone: the way how to do so may be found in my Translation of the *London Dispensatory*; and it may be I may give you again in plainer Terms, at the latter end of this Book.

## Bishops-Weed.

**B**esides the common name Bishops-weed, it's usually known by the Greek name *Ammi* and *Ammios*, some call it *Æthiopian cummin-seed*, and others

others Cummin-Royal ; as also Herb-William , and Bull-wort.

Description.] Common Bishops-weed riseth up with a round straight stalk sometimes as high as a Man, but usually three or four foot high, beset with divers small, long and somewhat broad Leaves, cut in some places, and dented about the edges, growing one against another, of a dark green colour, having sundry branches on them, and at the top small umbles, of white flowers, which turn into small brown seeds, little bigger than Parsley-seed, of a quick hot scent and tast: The Root is white and stringy, perishing yearly after it hath seeded, and usually riseth a gain of its own sowing.

Place.] It groweth wild in many places in England and Wales, as between Green-heath and Gravef-end.

Government and Vertues.] It is hot and dry in the third degree, of a bitter tast, and somewhat sharp withal, it provokes Lust to purpose : I suppose Venus owns it. It digesteth Humours, provoketh Urine and Womens Courses, dissolveth wind, and being taken in Wine, it easeth pains and griping in the Bowels, and is good against the biting of Serpents : It is used to good effect in those Medicines which are given to hinder the poysonful Operation of *Cantharides* upon the passage of the Urine : being mixed with Honey, and applied to black and blew marks : coming of blows or bruises, it takes them away : and being drunk or outwardly applied, it abateth an high colour, and makes it pale : and the Fumes thereof taken with Rosin or Railins, cleanseth the Mother.

*Dysury, Terms provokes, Wind-Colick, Venomous Beasts, Cantharides, black and blew spots, high Colour, Mother.*

### Bistort, or Snakeweed.

IT is called Snakeweed, English Serpentry, Dragon-wort, Oysterick, and Passions.

Descript.] This hath a thick, short knobbed Root, blackish without, and somewhat reddish within, a little crooked or turned together, of an harsh astringent tast, with divers black threds hanging there, from whence spring up every year divers Leaves standing upon long foot-stalks, being somewhat broad and long like a Dock-Leaf, and a little pointed at the ends, but that it is of a blewish green colour on the upper-side, and of an Asl-colour Gray and a little purplish underneath, with divers Veins therein ; from among which rise up divers small and slender stalks, two foot high, and almost naked, and without Leaves, or with very few, and narrow, bearing a spiky bush of pale coloured flowers, which being past, there abideth small seed, somewhat like unto Sorrel-seed, but greater.

There are other sorts of Bistort growing in this Land, but smaller, both in height, root, and stalks, and especially in the Leaves. The Root blackish without, and somewhat whitish within, of an austere binding taste as the former.

Place.] They grow in shadowy moist Woods, and at the foot of the Hills, but are chiefly nourished up in Gardens. The narrow leaved Bistort groweth in the North, in Lancashire, Yorkshire and Cumberland.

Time.] They flower about the end of May, and the seed is ripe about the beginning of July.

*Government and Vertues.*] It belongs to *Saturn*, and is in operation cold

Poyson, Plague, Small Pox, Measles, Purples, Epidemical Diseases, Inward Bleeding, Flux, Vomiting, Ruptures, Jaundice, Venomous Beasts, Ulcers, Abortion, Worms, Diabètes, Running of the Reins, Wounds, Bleeding, Matrix, Terms Stops, Tooth-ach, Head, Cankers, Gums, Inflammations, Almonds of the Ears.

place bitten or stung by any Venomous Creature; as also for any of the purposes before\*spoken of, and is very good to wash any running Sores or Ulcers. The Decoction of the Root in Wine being drunk, hindreth Abortion or Miscarriage in Child-bearing. The Leaves also kill the Worms in Children, and is a great help to them that cannot keep their water, if the juyce of Plantane be added thereto, and outwardly applied, much helpeth the Gonorrhea, or Running of the Reins. A dram of the Powder of the Root taken in the Water thereof wherein some red hot Iron or Steel hath been quenched, is also an admirable help thereto, so as the Body be first prepared and purged from the offensive humors. The Leaves Seed or Roots, are all very good in Decoctions, Drinks, or Lotions, for inward or outward Wounds or other Sores. And the Powder strewed upon any Cut or Wound in a Vein, stayeth the immoderate bleeding thereof: The Decoction of the Roots in Water whereupon some Pomegranate Pills and Flowers are added, injected into the Matrix, stayeth the access of humours to the Ulcers thereof, and bringeth it to its right place, being fallen down, and stayeth the immoderate Flux of the Courses. The Root hereof with Pellitory of *Spain*, and burnt Allum, of each a little quantity, beaten small and made into Past, with some Honey, and a little piece thereof put into an hollow Tooth, or held between the Teeth, if there be not hollownes in them, stayeth the defluxion of Rheum upon them, which causeth pains, and helps to cleanse the Head and void much offensive Water. The distilled water is very effectual to wash Sores or Cankers in the Nose or any other part, if the Powder of the Root be applied thereunto afterwards. It is good also to fasten the Gums and to take away the heat and inflammations that happen in the Jaws, Almonds of the Throat or Mouth; If the decoction of the Leaves, Roots or Seeds be used, or the Juyce of them; but the Roots are most effectual to the purposes aforesaid.

One Blade.

Description.] **T**His small plant never beareth more than one Leaf, but only when it riseth up with its stalk, which thereon beareth another and seldom more, which are of a blewish green colour, broad at the bottom, and pointed with many Ribs or Veins like Plantane: At the top of the stalk grow many small flowers Star fashion, smelling something sweet: after which come small reddish Berries when they are ripe. The Root small, of the bigness of a Rush, lying and creeping under the upper crust of the Earth, shooting forth in divers places.

Place.] It grows in moist, shadowy, grassie places of Woods in many places of this Realm.

Time.] It flowereth about May, and the Berries be ripe in June, and then quickly perisheth until the next year it springeth from the same again.

Government and Vertues.] It is an Herb of the Sun, and therefore Cordial, half a dram, or a dram at most of the Roots hereof in Powder taken in Wine and Vinegar, of each a like quantity, and the party presently laid to sweat is held to be a sovereign Remedy for those that are infected with the Plague and have a Sore upon them, by expelling

the Poyson, and defending the Heart and Spirits from danger: It is also accounted a singular good Wound Herb, and therefore used with other

Herbs in making such Balms as are necessary for the Curing of Wounds either green or old, and especially if the Nerves or Sinews be hurt.

Pestilence, Wounds, Nerves, Sinews hurt.

The Bramble, or Black-Berry-Bush.

It is so well known, that it needeth no Description. The Vertues thereof are as followeth.

Government and Vertues.] It is a Plant of Venus in Aries, you shall have some directions at the latter end of the Book for the gathering of all Herbs and Plants. &c. If any ask the reason why Venus is so prickly? Tell them, 'tis because she is in the house of Mars. The Buds, Leaves and Branches, while they are green, are of a good use in the Ulcers and putrid Sores of the Mouth and Throat, and for the Quinsie; and likewise to heal other fresh Wounds and Sores; but the Flowers and Fruit unripe are very binding, and so profitable for the Bloody-Flux, Lasks, and are a fit Remedy for spitting of Blood: Either the Decoction or Powder of the Root being taken, is good to break or drive forth Gravel, and the Stone in the Reins and Kidneys. The Leaves and Brambles as well green as dry, are excellent good lotions for sores in the Mouth or Secret Parts. The Decoction of them, & of the dried Branches, do much bind the Belly and are good for too much flowing of Womens Courses: The Berries of the Flowers are a powerful Remedy against the Poyson of the most venomous Serpents as well

Ulcers, Sores, Quinsie, Wounds, Flux, Bloody-Flux, Spitting Blood, Gravel, Stone, Secrets, Terms Stops, Poyson, Venomous Beasts.



*Fundament, Piles, Feavers, Head, Eyes, Itch, Scabby Heads.*

drunk as outwardly applied helpeth the Sores of the Fundament, and the Piles. The Juyce of the Berries mixed with the Juyce of Mulberries, do bind more effectually, and help fretting and eating Sores and Ulcers wheresoever. The distilled water of the Branches, Leaves and Flowers, or of the Fruit is very pleasant in tast, and very effectual in Feavers and hot distempers of the Body, Head, Eyes, and other parts, and for all the purposes aforesaid. The Leaves boiled in Ly, and the Head washed therewith, healeth the Itch, and the running Sores thereof, and maketh the Hair black. The Powder of the Leaves strewed on Cankers and running Ulcers, doth wonderfully help to heal them. Some use to condensate the Juyce of the Leaves, and some the Juyce of the Berries, to keep for their use all the year, for the purposes aforesaid.

### Blites.

Descript.] *OF these there are two sorts commonly known, viz. White and Red. The White hath Leaves somewhat like unto Beets, but smaller, rounder and of a whitish green colour, every one standing upon a small long foot-stalk, the stalk riseth up two or three foot high, with such like Leaves thereon, the Flowers grow at the top in long round tufts or clusters, wherein are contained small and round seed: the Root is very full of threds or strings.*

The Red Blite is in all things like the White, but that his Leaves and tufted Heads are exceeding red at first, and after turn more purplish.

There are other kind of Blites which grow wild, differing from the two former sorts but little, only the wild are smaller in every part.

*Place.]* They grow in Gardens, and wild in many places of this Land.

*Time.]* They seed in August and September.

*Government and Vertues.]* They are all of them cooling, drying, and binding, serving to restrain the Fluxes of Blood in either Man or Woman, especially the Red; which also stayeth the over-flowing of Womens Reds, as the White Blite stayeth the Whites in

Women: It is an excellent secret, you cannot well fail in the use: they are all under the Dominion of *Venus*.

There is one other sort of wild Blites like the other wild kinds, but have long and Spike heads of greenish seed, seeming by the thick setting together to be all seed.

This sort the Fishes are delighted with, and it is a good and usual bait; for Fishes will bite fast enough at them, if you have but wit enough to catch them when they bite.

### Borrage and Bugloss.

14 *These are so well known to be Inhabitants in every Garden, that I hold it needless to describe them,*

To



To these I may add a third sort, which is not so common, nor yet so well known, and therefore I shall give you its Name and Description.

It is called *Langue de-Beef*; but why then should they call one Herb by the Name *Bugloss*, and another by the Name *Langue de-Beef*, it's to me some question, seeing one signifies *Ox-Tongue* in Greek, and the other signifies the same in French.

Description.] *The Leaves thereof are smaller than those of Bugloss, but much rougher; the stalks rising up about a foot and half high, and is most commonly of a red colour; the flowers stand in scaly rough heads, being composed of many small yellow flowers not much unlike to those of Dandelion, and the seed flieth away in Down, as that doth: you may easily know the flowers by their taste, for they are very bitter.*

Place.] It groweth wild in many places of this Land, and may be plentifully found near London, as between Redriff and Deptford, by the Ditch-sides. Its Vertues are held to be the same with *Borrage* and *Bugloss*, only this is somewhat hotter.

Time.] They flower in *June* and *July*, and the seed is ripe shortly after.

Government and Vertues.] They are all three Herbs of *Jupiter*, and under *Leo*, all great Cordials, great strengtheners of Nature. They are very Cordial.

The Leaves or Roots are to very good purpose

used in Putrid and Pestilential Feavers, to defend

the Heart, and help to resist and expel the Poyson

or the Venom of other Creatures; the seed is of

the like effects; and the Seed and Leaves are good

to encrease Milk in Womans Breasts: The Leaves,

Flowers, and Seed, all, or any of them, are good

to expel Peniveness and Melancholy, it helpeth

to clarify the Blood and mitigate heat in Feavers.

The Juyce made into a Syrup prevaileth much to

all the purposes aforesaid, and is put with other

cooling, opening, cleansing Herbs to open Ob-

structions and help the Yellow Jaundice and mixed with Fumitory, to cool,

cleanse, and temper the Blood thereby; it helpeth the Itch, Ring-worms

and Tetters or other spreading Scabs or Sores. The Flowers candied or

made into a Conserve are helping in the former causes, but are chiefly u-

sed as a Cordial, and are good for those that are weak with long sickness,

and to comfort the Heart and Spirits of those that are in a Consumption or

troubled with often Swoonings, or Passions of the Heart: the Distilled Water

is no less effectual to all the purposes aforesaid, and helpeth the redness

and Inflammations of the Eyes, being washed therewith: The dried Herb

is never used, but the green; yet the Albes thereof boyled in Mead or hoiy-

ed Water, is available against Inflammations and Ulcers in the Mouth or

Throat, to wash and gargle it therewith. The Roots of *Bugloss* are effectual,

being made into a licking Electuary, for the Cough, and to condense

thick Flegm, and the Rheumatick distillations upon the Lungs.

Feavers, Pestilence, Poyson

Venomous Beasts, Milk in

Nurses, Melancholy, Ill

Blood, Yellow Jaundice,

Itch, Ring-worms, Tetters,

Scabs, Weakness by long

Sickness, Consumption,

Swooning, Inflammations,

Ulcers, Sore Mouths, and

Throat, Cough, Flegm.

## Blew-bottle.

15 IT is called *Synus*, I suppose from the colour of it; *Hurt-Sickle*, because it turns the edge of the Sickles that reap the Corn; *Blew-blow*, *Corn-flower* and *Blew-bottle*.

Descript.] I shall only describe that which is commonest, and in my opinion most useful: Its Leaves spread upon the ground, being of a whitish green colour, somewhat on the edges like those of *Corn Scabious*, amongst which riseth up a stalk divided into divers branches, beset with long Leaves of a greenish colour either but very little indented, or not at all: The flowers are of a blew colour, from whence it took its name, consisting of an innumerable company of small flowers, set in a scaly head: not much unlike those of *Knap-weed*: The seed is smooth bright and shining, wrapped up in a woolly Mantle: The Root perisheth every year.

Place.] They grow in *Corn-fields*, amongst all sorts of *Corn* (*Pease*, *Beans*, and *Tares* excepted) if you please to take them up from thence, and transplant them in your Garden, especially toward the full Moon, they will grow more double than they are; and many times change colour.

Time.] They flower from the beginning of *May*, to the end of *Harvest*.

Government and Vertues.] As they are naturally cold, dry, and binding, so are they under the Dominion of *Saturn*. The Powder or dried Leaves of the *Blew-bottle* or *Corn-flower*, is given with good success to those that are bruised by a fall, or have broken a vein inwardly, and void much blood at the Mouth; being taken in the Water of *Plantane*, *Horstail*, or the greater *Comfry*, it is a Remedy against the Poyson of the *Scorpion*, and resisteth all Venoms and Poyson. The Seed or Leaves

taken in Wine is very good against the *Plague*, and all infectious Diseases, and is very good in pestilential Feavers. The Juyce put into fresh or green Wounds, doth quickly fodder up the lips of them together, and is very effectual to heal all Ulcers and Sores in the Mouth: The Juyce dropped into the Eyes taketh away the heat and inflammation in them. The distilled Water of this Herb hath the same properties, and may be used for the effects aforesaid.

## Brank-Ursine.

16 BESIDES the common Name *Brank-Ursine*, it is also called *Bears-breech*, and *Acanthus*, though I think our English Names to be more proper; for the Greek word *Acanthos*, signifies any Thistle whatsoever.

Description.] This Thistle shooteth forth very many large, thick, sad, green, smooth Leaves upon the ground, with a very thick and juicy middle Rib: The Leaves are parted with sundry deep gashes on the edge; The Leaves remain a long time before any stalk appears, afterwards riseth up a reasonable big stalk, three or four foot high, and bravely deckt with flowers from the middle of the stalk upwards, for on the lower part of the stalk, there is neither Branch nor Leaf; the flowers

flowers are hooded and gaping, being white in colour, and standing in brownish Husks, with a long small undivided Leaf, under each leaf: they seldome seed in our Country. Its Roots are many, great and thick, blackish without, and whitish within, full of a clamish sap, a piece of them, if you set in the Garden, and defend them from the first Winters cold, will grow and flourish.

Place.] They are only nursed up in Gardens in England, where they will grow very well.

Time.] It flowreth in June and July.

Government and Vertues.] It is an excellent plant under the Dominion of the Moon: I could wish such as are studious, would labour to keep it in their Gardens. The Leaves being boyled and used in Clysters are excellent good to mollify the belly, and make the Passages slippery. The decoction drunk inwardly, is excellent good for the Bloody-flux. The Leaves being bruised, and rather boyled and applied like a Pultis, are exceeding good to unite broken Bones, and strengthen Joynts that have been put out. The decoction of either Leaves or Roots being drunk, and the decocted Leaves applied to the place, is excellent good for the Kings-evil that is broken and runneth; for by the influence of the Moon it reviveth the ends of the Veins which are relaxed: there is scarce a better Remedy to be applied to such places as are burnt with Fire than this is, for it fetches out the Fire and heals it without a scar. This is an excellent remedy for such as are bursten, being either taken inwardly, or applied to the place. In like manner used, it helps the Cramp and the Gout. It is excellent good in Hectick Feavers, and restores radical Moisture to such as are in Consumptions.

Bloody-flux, Fraictures, Dislocations, Kings-evil, Burnings, Ruptures, Cramp, Gout, Dysury, Hectick Fever, Radical Moisture.

### Briony, or Wild Vine.

IT is called Wild, and Wood Vine, Tamus, our Ladies Seal. The white is called White Vine by some: and the back Black Vine.

Description.] The common White Briony groweth ramping upon the Hedges, sending forth many long, rough, very tender branches at the beginning, with many very rough, broad Leaves thereon, cut (for the most part) into five partitions, in firm very like a Vine Leaf, but smaller, rougher, and of whitish or hoary, green colour, spreading very far, spreading and twining with his small clasps (that come forth at the Joynts with the Leaves) very far on whatsoever standeth next to it. At the several joynts also (especially toward the top of the branches) cometh forth a long stalk bearing many whitish flowers together in a long tuft, consisting of five small leaves a piece, laid open like a Star, after which come the berries, separated one from another, more than a Cluster of Grapes, green at the first, and very red when they are through ripe, of no good scent, but of a most loathsome taste, provoking vomit. The Root groweth to be exceeding great, with many long twines or branches growing from it, of a pale whitish colour on the outside, and more white within, and of a sharp, bitter, loathsome taste.

Place.]

*Place.*] It groweth on Banks, or under Hedges, through this Land, the Roots lie very deep.

*Time.*] It flowreth in *July* and *August*, some earlier, and some later than other.

*Government and Vertues.*] They are furious Martial Plants: The Root of Briony purges the Belly with great violence troubling the Stomach, and burning the Liver, and therefore not rashly to be taken; but being correct-

*Falling-sickness, Vertigo, Flegm, Palsies, Convulsions, Cramps, Stitches, Dropsies, Gravel, Stone, Obstructions, Womb, Mother, dead Child, After-birth, Cough, Shortness of Breath, Sores, Cancers, Gangreens, Tetters, Ringworms, black Spots, Freckles, Morphews, Leprosie, broken bones Splinters; Thorn, Whitlows or Nail-wheels, or Andicoms.*

ed, is very profitable for the Diseases of the Head, as Falling-Sickness, Giddiness, and swimings, by drawing away much Flegm and Rheumatick humours that oppress the Head. As also the Joynts and Sinews, and is therefore good for Palsies, Convulsions, Cramps and Stitches in the Sides, and the Dropie, and in provoking Urine it cleanseth the Reins and Kidneys from Gravel and Stone, by opening the Obstructions of the Spleen, and consumeth the hardness and swelling thereof. The Decoction of the Root in Wine, drunk once a week at going to bed, cleanseth the Mother, and helpeth the rising thereof, expelleth the dead Child for fear of Abortion, a dram of the Root in Powder taken in white Wine, bringeth down their Courses.

An Electuary made of the Roots and Honey, doth mightily cleanse the Chest of rotten flegm, and wonderfully help an old strong Cough, those that are troubled with shortness of Breath, and is very good for them that are bruised inwardly, to help to expel the clotted or congealed Blood. The Leaves, Fruit, and root do cleanse old and filthy sores, are good against all fretting and running Cankers, Gangreens and Tetters, and therefore the Berries are by some Country people called Tetter-berries. The Root cleanseth the Skin wonderfully from all black and blew Spots, Freckles, Morphew, Leprosie, foul Scars, or other deformity whatsoever: as also all running Scabs and Manginess are healed by the powder of the dried Root or the juice thereof, but especially by the fine white hardned juyce. The distilled Water of the Root worketh the same effects but more weakly. The Root bruised and applied of it self to any place where the bones are broken, helpeth to draw them forth, as also Splinters and Thorns in the Flesh; and being applied with a little Wine mixed therewith, it breaketh Boils, and helpeth Whitlows on the Joynts.

For all these latter, beginning at Sores, Cankers, &c. apply it outwardly, and take my advice along with you: You shall find in my *Translation of the London Dispensatory*, among the Preparations at the latter end, a Medicine called *Fæcula Brionia*, take that and use it, you have the way there how to make it, and mix it with a little Hogs-grease, or other convenient Ointment, and use it at your need.

As for the former Diseases, where it must be taken inwardly, it purgeth very violently, and needs an abler hand to correct it than most Country-people

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people have, therefore it is a better way for them in my opinion to let the Simple alone, and take the compound water of it, mentioned in my *Dispensatory*, and that is far more safe, being wisely corrected.

Brook-lime, or Water Pimpernel.

**Description.]** **T**His sendeth forth from a creeping Root that shooteth forth strings at every joynt as it runneth, divers and sundry green stalks round and sappy, with some branches on them, somewhat broad, round, deep, green, and thick Leaves set by couples thereon: from the bosom whereof shoot forth long foot-stalks, with sundry small blew flowers on them, that consist of five small round pointed Leaves a piece.

There is another sort nothing differing from the former, but that it is greater, and the flowers of a paler green colour.

**Place.]** They grow in small standing waters, and usually near water-creffes.

**Time.]** And flowers in June and July, giving Seed the next Month after.

**Government and Vertues.]** It is a hot and biting Martial Plant. Brook-lime and Water-creffes are generally used together in Diet-drink, with other things serving to purge the Blood and Body from all ill humours that would destroy health, and are helpful to the Scurvy. They do all provoke Urine, and help to break the Stone, and pass it away. They procure Womens Courfes, and expel the dead Child: Being fried with Butter and Vinegar, and applied warm, it helpeth all manner of Tumors or Swellings, and Inflammations.

Blood purgeth ill humors,  
Scurvy, Dysury, Stone,  
Terms provokes, Dead  
Child, Swellings, Inflam-  
mations.

Such Drinks ought to be made of sundry Herbs according to the Malady offending, I shall give a plain and easie Rule at the latter end of this Book.

Butchers-Broom.

**I**T is called *Ruscus* and *Bruscus*, *Knee-holm*, *Knee-holly*, *Knee-huker*, and *Pettigree*.

**Description.]** The first shoots that sprout from the Root of Butchers-Broom are thick, whitish, and short, somewhat like those of Asparagus, but greater: they rising up to be a foot and an half high, are spread into divers branches green and somewhat crested with the roundness, tough and flexible, whereon are set somewhat broad and almost round hard Leaves, and prickly pointed at the ends, of a dark green colour, two for the most part set at a place, very close or near together: about the middle of the Leaf on the back and lower side from the middle Rib, breaketh forth a small whitish green flower, consisting of four small round pointed Leaves, standing upon little or no Foot-stalk, and in the place whereof cometh a small round Berry, green at the first, and red when it is ripe, wherein are two or three white, hard, round seeds contained. The Root is thick, white, and great at the head, and from thence sendeth forth divers thick, white, long, tough strings.

**Place.]**



*Place.*] It groweth in Copſes, and upon Heaths and waſt Grounds, and oftentimes under or near the Holly-buſhes.

*Time.*] It ſhooteth forth his young Buds in the Spring, and the Berries are ripe in or about September. The branches of Leaves abiding green all the Winter.

*Government and Vertue.*] 'Tis a Plant of Mars, being of a gallant cleaning and opening quality. The Decoction of the

*Obſtructions, Dyſury, Gravel, Stone, Strangury, Terms provokes, Yellow Jaundice, Head-ach, Flegm, Broken Bones, Diſlocations.*

Roots made with Wine, openeth Obſtructions, provoketh Urine, helpeth to expel Gravel and the Stone, the Strangury, and Womens Courſes, as alſo the yellow Jaundice, and the Head-ach: and with ſome Honey or Sugar put thereunto, cleanſeth the Breſt of Flegm, and the Cheſt of much clammy humours gathered therein. The Decoction

of the Roots drunk, and a Pultis made of the Berries and Leaves being applied, are effectual in knitting and consolidating broken Bones, or parts out of Joynt. The common way of uſing it, is to boyl the Roots of it and Parsley, and Fennel, and Smallage in white-Wine, and drink the Decoction, adding the like quantity of Graſs-root to them: the more of the Roots you boyl, the ſtronger will the Decoction be: it works no ill effects, yet I hope you have wit enough to give the ſtrongest Decoctions to the ſtrongeſt Bodies.

### Broom, and Broom-rape.

**T**O ſpend time in writing a Deſcription hereof, is altogether needleſs, it being ſo generally uſed by all the good Houſe-wives almoſt through this Land to ſweep their Houſes with, and therefore very well known to all ſorts of people.

The Broom-rape ſpringeth up on many places from the Roots of the Broom (but more often in Fields, as by Hedge-fides, and on Heaths.) The Stalk whereof is of the bigneſs of a finger or thumb, above two foot high, having a ſhew of Leaves on them, and many flowers at the top, of a reddiſh yellow colour as alſo the ſtalks and Leaves are.

*Place.*] They grow in many places of this Land commonly, and as commonly ſpoil all the Land they grow in.

*Time.*] And flower in the Summer months, and give their Seed before Winter.

*Government and Vertues.*] The Juyce or Decoction of the young branches, or ſeed, or the powder of the ſeed taken in drink, purgeth downwards and draweth flegmatick and watry humours from the

*Flegm, Joynts, Dropſie, Sides, Spleen, Bladder, Kidneys, Stone, Dyſury.*

Joynts, whereby it helpeth the Dropſie, Gout, Sciatica and the pains in the Hips and Joynts: It alſo provoketh ſtrong Vomits, and helpeth the pains of the ſides, and ſwellings of the Spleen, cleanſeth

alſo the Reins or Kidneys, & Bladder of the Stone, provoketh Urine abundantly, and hindreth the growing again of the Stone in the body. The continu-

al use of the Powder of the Leaves and Seed doth cure the black Jaundice. The distilled Water of the Flowers is profitable for all the same purposes. It also helpeth Surfeits, and altereth the Fits of Agues, if three or four ounces thereof with as

Black Jaundice, Agues, Tooth-ach, Wind, Stitches, Lice.

much of the water of the lesser Centaury, and a little Sugar put therein, be taken a little before the Fit cometh, and the party be laid down to sweat in his Bed. The Oyl or Water that is drawn from the ends of the green sticks heated in the Fire, helpeth the Tooth-ach. The Juyce of the young branches made into an Ointment of old Hogs-grease, and anointed, or the young branches bruised and heated in Oyl or Hogs-grease, and laid to the sides pained by Wind, as in Stitches, or the Spleen easeth them in once or twice using it. The same boyled in Oyl, is the safest and surest Medicine to kill Lice in the Head or Body of any : and is an especial Remedy for Joynt-aches, and swollen Knees that come by the falling down of humors.

The Broom-rape also is not without its Vertues.

The Decoction thereof in Wine is thought to be as effectual to avoid the Stone in the Kidneys and Bladder, and to provoke Urine, as the Broom it self. The Juyce thereof is a singular good help to cure as well green Wounds as old and filthy Sores and malignant Ulcers. The

Stone, Dysury, Green Wounds.

insolate Oyl wherein there hath been three or four Repetitions of infusion of the top stalks with flowers strained and cleared, cleanseth the Skin from all manner of spots, marks, and freckles that rise either by the heat of the Sun, or the malignity of humours. As for the Broom and Broom-rape, Mars owns them, and it is exceeding prejudicial to the liver. I suppose by reason of the antipathy between Jupiter and Mars, therefore if the Liver be disaffected, minister none of it.

### Bucks-horn Plantane.

Description.] **T**His being sown of seed riseth up at the first with small, long, narrow, hairy, dark green Leaves like Grass, without any division or gash in them ; but those that follow, are gashed in on both sides the Leaves into three or four gashes, and pointed at the ends, resembling the knags of a Bucks-horn (whereof it took the name) and being well grown round about the Root upon the ground, in order one by another, thereby resembling the form of a Star : from among which rise up divers hairy stalks, about a hand breadth high, bearing every one a small long spiky head like to those of the common Plantane, having such like bloomings and seed after them. The Root is single, long and small, with divers strings at it.

Place.] They grow in sandy ground, as in Turtle-fields by Westminster, and divers other places of this Land.

Time.] They flower and seed in May, June, and July, and their green Leaves do in a manner abide fresh all the Winter.

Government and Vertues.] It is under the Dominion of Saturn, and is of a gallant drying and binding quality. This boyled in Wine and drunk, and some

*Venomous Beasts, Stone, Stomach, Vomiting, Bleeding, Pissing Blood, Flux, Bloody Flux, Agues, Eyes.*

some of the Leaves to the hurt place, is an excellent Remedy for the biting of the Viper or Adder, which I take to be one & the same. The same being also drunk helpeth those that are troubled with the stone in the Reins or Kidneys, by cooling the heat of the part afflicted, strengthening them as also weak stomachs that cannot retain but cast up their meat. It stayeth all bleeding at Mouth and Nose, bloody Urine, or the bloody Flux, and stoppeth the Lask of the Belly and Bowels. The leaves hereof bruised, and laid out to the sides that have an Ague, suddenly easeth the Fit : and the Leaves and Roots beaten with some Bay-salt, and applied to the VVrists, worketh the same effects. The Herb boyled in Ale or VVine, and given for some mornings and evenings together, stayeth the distillation of hot and sharp Rheums falling into the Eyes from the Head, and helpeth all sorts of sore Eyes.

### Bucks-horn.

**I**T is called also Harts-horn, *Herba stella*, and *Herba stellaria*, *Sanguinaria*, *Herb-ewe*, and *Herb-Ivy*; and *Wort-creffes*, and *Swines-creffes*.  
 Description.] They have many small and weak stragling branches trailing here and there upon the ground : the Leaves are many, small, and jagged, not much unlike to those of Bucks horn Plantane, but much smaller, and not so hairy. The flowers grow amongst the leaves in small, rough, whitish clusters ; the seeds are small and brownish, of a better taste.

Place.] They grow in dry, barren and sandy Grounds.

Time.] They flower and seed when the rest of the Plantanes do.

Government and Vertues.] This is also under the Dominion of Saturn, the Vertues are held to be the same of Bucks-horn Plantane, and therefore by all Authors, it is joyned with it: but besides those, it is most certainly found out, that the leaves being bruised and applied to the place, stop bleeding ; the Herb bruised, and applied to Warts, will make them consume and wax away in a short time.

### Bugle.

**B**esides the name Bugle, it is called Middle-Confound, and Middle-Corn-fry, brown Bugle, and of some, Sickle-wort, and Herb carpenter, though in Essex we call another Herb by that name.

Description.] This hath larger Leaves than those of the Self heal, but else of the same Fashion, or rather a little longer, in some green on the upper side, and in others more brownish, dented about the edges, somewhat hairy, as the square stalk is also, which riseth up to be half a yard high sometimes, with the Leaves set by couples : from the middle almost whereof upwards stand the Flowers together, with many smaller and browner Leaves than the rest, on this stalk, below, set at distances, and the stalk bare between them, among which Flowers are

are also small ones of a blewish, and sometimes of an Ash colour, fashioned like the flowers of the ground-Ivy, after which come small, round, blackish seed. The Root is composed of many strings, and spreadeth upon the Ground in divers parts wound about.

The white flowered Bugle differeth not in form or greatness from the former, having that the leaves and stalks are always green, and never brown like the other, and the flowers thereof are white.

Place.] They grow in Woods and Copſes, and Fields generally throughout England: but the white flowered Bugle is not so plentiful as the former. Time.] They flower from May until July, and in the mean time perfect their seed. The Roots and leaves next thereunto upon the ground abiding some small Winter.

Government and Vertues.] This Herb belonging to Dame Venus if the Vertues of it make you in love with it (as they will if you be wise) keep a Syrup of it to take inwardly, and an Ointment and Plaister of it to use outwardly always by you.

The Decoction of the Leaves and Flowers made in Wine and taken, dissolveth the congealed Blood in those that are bruised inwardly by a Fall or otherwise, and is very effectfull for any inward Wounds, Thrusts, or Stabs much in the Body or Bowels? and is an especial help in all Wound-drinks, and for those that are Liver-grown (as they call it.) It is wonderful in curing all manner of Ulcers and Sores whether new and fresh, or old and inveterate, yea, Gangreens and Fistulaes also, if the leaves bruised and applied, or their Juicy used to wash and bath the places. And the same made into a Lotion with some Honey and Allum cureth all Sores in the Mouth and Gums, be they never so foul, or of long continuance; and worketh no less powerfully and effectually, for such Ulcers and Sores as happen in the Secret parts of Men and Women. Being also taken inwardly, or outwardly applied, it helpeth those that have broken any Bone, or have any Member out of Joynt. An Ointment made with the Leaves of Bugle, Scabious & Sanicle bruised & boyled in Hogs-grease, until the Herbs be dry, and then strained forth into a Pot, for such occasions as shall require it is so singular good for all sorts of hurts in the Body, that none that know its usefulness will be without it.

The truth is, I have known this Herb Cure some Diseases of Saturn of which I thought good to quote one. Many times such as give themselves much to drinking, are troubled with strange Fancies, strange sights in the Night-time, and some with Voices as also with the Disease *Ephialtes* or the *Mare*, I take the Reason *Mares, strange sights in the Night.* of this to be (according to *Fernelius*) a melancholy Vapor made thin by excessive drinking strong Liquor, and so flies up and disturbs the Fancy, and breeds Imaginations, like it self, viz. fearful and troublesome. These I have known cured by taking only two spoonfuls of the Syrup of this herb after supper two hours when you go to bed. But whether this do it by Sympathy or Antipathy is some



in Astrology, know that there is a great Antipathy between *Saturn* and *Venus* in matter of Procreation, yea, such an one, that the Barrenness of *Saturn* can be removed by none but *Venus*; nor the lust of *Venus* be repelled by none but *Saturn*; but I am not of opinion this is done this way, and my reason is, Because these Vapours, though in quality Melancholy, yet by their flying upward, seem to be something Aerial; therefore I rather think it is done by sympathy, *Saturn* being exalted in *Libra* in the house of *Venus*.

### Burnet.

**I**T is also called *Sanguisorba*, *Pimpinella*, *Bipula*, *Solbostrella*, &c. The Common-Garden Burnet is so well known that it needeth no Description. There is another sort which is wild, the Description whereof take as followeth.

**Descript.]** The great wild Burnet hath winged Leaves rising from the Root like the Garden Burnet but not so many, yet each of these Leaves are at the least twice as large as the other, and nicked in the same manner about the edges, of a grayish colour on the under-side: the stalks are greater, and rise higher, with many such like Leaves set thereon, and greater heads, at the top of a brownish colour, and out of them come small, dark, purple flowers, like the former, but greater. The Root is black and long like the other, but greater also: It hath almost neither scent nor taste therein like the Garden kind.

**Place.]** The first grows frequently in Gardens. The wild kind groweth in divers Countries in this Land, especially in *Huntington* and *Northampton-Shires*, in the Meadows there: as also near *London* by *Pancras-Church*, and by a Causey-side, in the middle of a Field by *Paddington*.

**Time.]** They flower about the end of *June* and beginning of *July*, and their Seed is ripe in *August*.

**Government and Vertues.]** This is an Herb the *Sun* challengeth Dominion over, and is a most precious Herb, little inferiour to *Betony*: The continual use of it preserves the body in health, and the Spirits in vigor: for if the *Sun* be the Preserver of Life under God, his Herbs are the best in the World to do it by. They are accounted to be both of one property, but the lesser is more effectual because quicker, and more Aromatical: It

*Heart, Liver, Melancholy, Pestilence, Epidemical Diseases, Bleeding, Stop-peth Terms and Whites, Belching, Vomiting, Wounds, Ulcers, Cankers, Sores, Fluxes.*

is a friend to the Heart, Liver, and other the principal Parts of a Mans body. Two or three of the stalks with Leaves put into a Cup of Wine, especially Claret, are known to quicken the Spirits, refresh and clear the Heart and drive away Melancholy: It is a special help to defend the Heart from noisom vapours, and from infection of the Pestilence, the Juice thereof being taken in some drink and the party laid to sweat thereupon, They

have also a drying and an astringent quality, whereby they are available in all manner of Fluxes of Blood or humours to stanch Bleedings inward or outward, Lasks, Scourings, the Bloody Flux, Womens too abundant flux of Courses, the Whites and the cholerick Belchings and Castings of the Stomachs; and is a singular Wound Herb for all sorts of Wounds both of the

Head



Head and Body, either inward or outward: for all old Ulcers, or running Cankers, and moist Sores, to be used either by the Juyce or Decoction of the Herb, or by the Powder of the Herb or Root, or the Water of the distilled Herb or Ointment by it self, or with other things to be kept. The Seed is also no less effectual both to stop Fluxes and dry up moist Sores, being taken in Powder inwardly in Wine, or Steeled VVater, that is, wherein hot Gads of Steel have been quenched, or the Powder or the Seed mixed with the Ointments.

The Butter-Bur, or Petasitis.

Descript.] **T**His riseth up in February, with a thick Stalk, about a foot high, whereon are set a few small Leaves, or rather pieces, and at the tops a long spiked head of Flowers, of a bluish or deep red colour, according to the Soyl wherein it groweth: and before the stalk with the flowers have abiden a month above ground, it will be withered and gone, blown away with the Wind, and the Leaves will begin to spring, which being full grown, are very large and broad, being somewhat thin, and almost round, whose thick red foot Stalks about a foot long, stand towards the middle of the Leaves. The lower part being divided into two round parts, close almost one to another, and are of a pale green colour, and hoary underneath. The Root is long and spreading under ground being in some places no bigger than ones finger, in others much bigger, blackish on the out side, and whitish within, of a bitter and unpleasant tast.

Place and Time.] They grow in low and wet Grounds by Rivers and Water-sides. Their flowers (as is said) rising and decaying in February and March, before the Leaves, which appear in April.

Government and Vertues.] It is under the Dominion of the Sun, and therefore is a great strengthener of the Heart, and chearer of the Vital Spirits.

The Roots hereof are by long Experience found to be very available against the Plague, and pestilential Feavers, by provoking Sweat: if the Powder thereof be taken in Wine, it also resisteth the force of any other Poyson. The Root hereof taken with Zedoary and Angelica, or without them, helps the rising of the Mother. The Decoction of the Root in VVine, is singular good for those

Plague, Epidemical Diseases, Poyson, Mother, Wheezing, difficulty of Breathing, Dysury, Terms provokes, flat and broad Worms, blemishes of the Skin.

that wheese much, or are short-winded. It provoketh Urine also, and Womens Courses, and killeth the flat and broad VVorms in the Belly. The Powder of the Root doth wonderfully help to dry up the moisture of Sores that are hard to be cured, and taketh away all spots and blemishes of the Skin. It were well if Gentlewomen would keep this Root preserved to help their poor neighbours. It is fit the Rich should help the Poor, for the Poor cannot help themselves.

The Bur-dock.

They are also called *Personata Bardana*, and *Lappa Major*, great Bur-dock, and Clot-Bur. It is so well known, even to the little Boys, who pull off the Burs to throw and stick upon one another, that I shall spare to write any Description of it.

G

Place.]

*Place.*] They grow plentifully by Ditches, and Water-sides, and by the Highways, almost every where through this Land.

*Government and Vertues.*] *Venus* challengeth this Herb for her own, and by its Leaf or Seed, you may draw the Womb which way you please, either upward by applying it to the Crown of the Head, in case it falls out; or downwards in fits of the Mother, by applying it to the Soles of the Feet: Or if you would stay it in its place, apply it to the Navel, and that is one good way to stay the Child in it. See more of it in my

*Cools, Dries Ulcers, Sores, Flegm, Sinews, Arteries, Venomous Beasts, Mad-Dogs, Dysury, Bladder, Sciatica, Burning Sores, Cankers, Consumption, Stone, Flux.*

*Guide for Women.* The Bur-Leaves are cooling, moderately drying, and discussing withal, where by it is good for old Ulcers and Sores. A dram of the Roots taken with Pine Kernels, helpeth them that spit Foul, Mattery & bloody Flegm. The Leaves applied on the places troubled with the shrinking of the Sinews or Arteries; give much ease. The Juyce of the Leaves or rather the Roots themselves

given to drink with old Wine, doth wonderfully help the bitings of any Serpents: And the Root beaten with a little Salt and laid on the place, suddenly easeth the pain thereof, and helpeth those that are bit with a Mad Dog. The Juyce of the Leaves being drunk with Honey provoketh Urine, and remedieth the pain of the Bladder. The Seed being drunk in Wine forty days together, doth wonderfully help the Sciatica. The Leaves bruised with the White of an Egg, and applied to any place burnt with Fire, taketh out the Fire, gives sudden ease, and heals it up afterwards. The Decoction of them fomented on any fretting Sore or Canker, stayeth the corroding quality, which must be afterwards anointed with an Ointment made of the same Liquor, Hogs-grease, Nitre and Vinegar boyled together. The Roots may be preserved with Sugar, and taken fasting, or at other times for the said purposes, and for Consumptions, the Stone, and the Lask. The Seed is much commended to break the Stone, and causes it to be expelled by Urine, and is often used with other Seeds, and things to that purpose.

### Cabbages and Coleworts.

I shall spare a labour in writing a Description of these, sith almost every one that can but write at all, may describe them from his own knowledge, they being generally so well known, that Descriptions are altogether needless.

*Place.*] These are generally planted in Gardens.

*Time.*] Their flowering time is towards the middle or end of July, and the Seed is ripe in August.

*Government and Vertues.*] The Cabbages or Coleworts boyled gently in Broth, and eaten, do open the Body, but the second Decoction doth bind the Body. The Juyce thereof drunk in Wine, helpeth

*Venomous Beasts, Terms provokes, Hoarseness.*

those that are bitten by an Adder, and the Decoction of the Flowers bringeth down Womens Courfes, being taken with Honey, it recovereth Hoarseness or

loss of the Voice. The often eating of them well boyled, helpeth those that are entering

entring into a Consumption. The Pulp of the middle Ribs of Coleworts boyled in Almond-milk, and made up into an Electuary with Honey, being taken often, is very profitable for those that are purlie and short Winded. Being boyled twice, and an old Cock boyled in the Broth, and drunk, it helpeth the pains and the obstructions of the Liver and Spleen and the Stone in the Kidneys. The Juyce boyled with Honey, and dropped into the corner of the Eye cleareth the sight by consuming any Film or Cloud beginning to dim it; it also consumeth the Canker growing therein. They are much commended being eaten before Meat to keep one from Surfeiting, as also from being drunk with too much Wine, or quickly make a man sober again that is drunk before. For, (as they say) There is such an Antipathy or enmity between the Vine and the Coleworts, that the one will dye where the other groweth. The Decoction of Coleworts taketh away the pain and ach, and allayeth the swellings of swoln and gouty Legs and Knees, wherein many gross and watry humours are fallen, the place being bathed therewith warm. It helpeth also old and filthy Sores, being bathed therewith, and healeth all small Scabs, Pusches and Wheals that break out in the Skin. The ashes of Colewort-stalks mixed with old Hogs-grease, are very effectual to anoint the Sides of those that have had long pains therein, or any other place pained with Melancholy and Windy Humours. This was surely *Chrysippus* his God, and therefore he wrote a whole Volume of them and their Vertues, and that none of the least neither, for he would be no small Fool; he appropriates them to every part of the Body, and to every Disease in every part: And honest old *Cato* (they say) used no other Physick. I know not what mettals their Bodies were made of, this I am sure, Cabbages are extream windy, whether you take them as Meat or as Medicine, yea as windy Meat as can be eaten unless you eat Bag-Pipes or Bellows, and they are but seldom eaten in our dayes, and Colewort-flowers are something more tolerable, and the wholesomer Food of the two. The *Moon* challengeth the Dominion of the Herb.

*Consumptions, Obstructions, Stone, Sight, Canker, Surfeits, Swellings, Gout, Sores, Scabs, Wheals, Melancholy Wind.*

### The Sea Colewort.

Descript.] **T**His hath divers somewhat long and broad, large thick wrinkled Leaves, somewhat crumpled about the edges, growing each upon a several thick foot-stalk very brittle, of a grayish green colour, from among which riseth up a strong thick-stalk two foot high and better, with some Leaves thereon to the top, where it branches forth much; and on every Branch standeth a large Bush of pale whitish flowers, consisting of four Leaves a piece: The Root is somewhat great, and shooteth forth many branches under ground, keeping the green Leaves all the Winter.

Place. They grow in many places upon the Sea-coasts, as well on the Kentish as Essex shores; as at Lid in Kent, Colchester in Essex, and divers other places and in other Countries of this Land.

Time.] They flower and seed about the time that other kinds do.

*Government and Vertues.*] The Moon claims the Dominion of these also  
 The broth or first Decoction of the Sea Colewort, doth by the sharp, nitrous  
 and bitter qualities therein, open the Bellie and  
*Sores, Wounds, Ulcers,* purge the Body, it cleanseth and digesteth more  
*Swellings, Inflammations.* powerfully than the other kind: The Seed hereof  
 bruised and drunk, killeth Worms. The Leaves  
 the Juyce of them applyed to Sores or Ulcers cleanseth and healeth them,  
 and dissolveth Swellings, and taketh away Inflammations.

### Calamint, or Mountain-Mint.

*Description.*] **T**his is a small herb, seldome rising above a foot high. with  
 square, hoary, and woody stalks, and two small hoary Leaves  
 set at a joynr, about the bigness of Marjoram, or not much bigger, a little dented  
 about the edges, and of a very fierce or quick scent, as the whole herb is; The  
 Flowers stand at several spaces of the stalks, from the middle almost upwards,  
 which are small and gaping like to those of Mints, and of a pale bluish colour: af-  
 ter which follow small, round, blackish seeds. The Root is small and woody, with  
 divers small sprigs spreading within the ground, and dieth not, but abideth many  
 years.

*Place.*] It groweth on Heaths and upland dry grounds, in many places of  
 this Land.

*Time.*] They flower in July and their Seed is ripe quickly after.

*Government and Vertues.*] It is an Herb of Mercury, and a strong one too  
 therefore excellent good in all afflictions of the Brain, the Decoction of the

*Terms provokes, Dysury,*  
*Ruptures, Convulsions,*  
*Cramps, shortness of*  
*Breath, Jaundice, Vomit-*  
*ing, Worms, Leprosie, Ser-*  
*pents, black and blew*  
*Marks, Scars, Sciatica,*  
*Obstructions of the Liver*  
*and Spleen, Tertian Agues.*

Herb being drunk, bringeth down Womens Cour-  
 ses, and provoketh Urine. It is profitable for those  
 that are bursten, or troubled with Convulsions  
 or Cramps, with shortness of Breath, or Cholerick  
 torments and pains in their Bellies or Stomachs,  
 It also helpeth the yellow Jaundice, and stayeth  
 Vomiting being taken in Wine: taken with Salt  
 and Honey, it killeth all manner of Worms in the  
 Body. It helpeth such as have the Leprosie, either  
 taken inwardly, drinking Whey after it, or the  
 green Herb outwardly applied. It hindreth Con-

ception in Women. But either burned or strewed in the Chamber, it driveth  
 away venomous Serpents. It takes away black and blew marks in the Face,  
 and maketh black Scars become well coloured, if the green Herb (not the  
 dry) be boyled in Wine, and laid to the place, or the place washed there-  
 with. Being applyed to the Hucklebone, by continuance of time it spends  
 the humours which cause the pain of the Sciatica. The Juyce being drop-  
 ped into the Ears, killeth the worms in them. The Leaves boyled in Wine,  
 and drunk, provoke Sweat and open Obstructions of the Liver and Spleen.  
 It helpeth them that have a Tertian Ague (the Body being first purged)  
 by taking away the cold Fits. The Decoction hereof with some Sugar put  
 thereto afterwards, is very profitable for those that be troubled with the

over-



over-flowing of the Gall, and that have an old Cough, and that are scarce able to Breath by shortness of their Wind. That have any cold distemper in their Bowels, and are troubled with the hardness of the Spleen, for all which purposes, both the Powder called *Discalaminthes*, and the Compound Syrup of Calamint (which are to be had at the Apothecaries) are most effectual. Let not Women be too busie with it, for it works very violent upon the Feminine part.

### Chamomel.

IT is so well known every where, that it is but lost time and labour to describe it. The vertues thereof are as followeth :

A Decoction made of Chamomel, and drunk, taketh away all pains and Stiches in the Sides. The Flowers of Chamomel beaten, and made up into Balls with Oyl, drive away all sorts of Agues, if the party grieved be appointed with that Oyl taken from the Flowers, from the Crown of the Head to the Sole of the Foot, and afterward laid to sweat in his Bed; and that he sweat well. This is *Nichessor* an Egyptian's Medicine. It is profitable for all sorts of Agues that come either from Flegm or Melancholy, or from an Inflammation of the Bowels, being applyed when the humours causing them shall be concocted; and there is nothing more profitable to the Sides and Region of the Liver and Spleen than it. The bathing with a Decoction of Chamomel, taketh away Weariness, easeth pains to what part of the Body soever they be applied. It comforteth the Sinews that are overstrained, mollifieth all swellings, it moderately comforteth all parts that have need of warmth, digesteth and dissolveth whatsoever hath need thereof by a wonderful speedy property. It easeth all the pains of the Colick and Stone, and all pains and torments of the Belly, and gently provoketh Urine. The Flowers boyled in posset-drink provoke Sweat, and help to expel Colds, Aches and pains whatsoever, and is an excellent help to bring down Womens Courses. A Syrup made of the Juyce of Chamomel with the Flowers and White Wine, is a Remedy against the Jaundice and Dropsie. The Flowers boyled in Lye, are good to wash the Head and comfort both it and the Brain. The Oyl made of the Flowers of Chamomel is much used against all hard Swellings, Pains or Aches, shrinking of the Sinews, or Cramps, or Pains in the Joynts or any other part of the Body. Being used in Clysters, it helps to dissolve Wind and pains in the Belly, appointed also, it helpeth stiches and pains in the Sides.

*Nichessor* saith, The Egyptians dedicated it to the Sun, because it cured Agues; & they were like enough to do it, for they were the arrantest Apes in their Religion as ever I read of. *Bacchinsus*, *Bena* and *Lobol* commend the Syrup made of the Juyce of it and Sugar taken inwardly, to be excellent for the Spleen. Also this is certain that it most wonderfully breaks the Stone: some

Gall, Cough, Bowels, Spleen.

Stiches in the Side, Agues, Liver, Spleen, Weariness, Sinews, Swellings, Colick, Stone, Belly-ach, Cold, Ach, Jaundice, Dropsie, Brain, Cramp, Stitch in the Side.

take it in Syrup or Decoction, others inject the Juyce of it into the Bladder with a Syringe: my opinion is, That the Salt of it taken half a dram in the morning in a little White or Rhenish Wine, is better than either; that it is excellent for the Stone, appears in this, which I have seen tryed, viz. That a stone that hath been taken out of the Body of a Man being wrapped in Chamomel, will in time dissolve, and in a little time too.

### Water-Caltrops.

**T**hey are called also *Tribulus*, *Aquaticus*, *Tribulus Lacustris*, and *Tribulus Marinus*, *Caltrops*, *Saligor*, *Water-Nuts*, and *Water-Chestnuts*.

**Descript.]** As for the greater sort, or Water-Caltrop, it is not found here, or very rarely. Two other sorts there are, which I shall here describe. The first hath a long, creeping and joynted Root, sending forth tufts at each joynt, from which joynts arise long, flat, slender, knotted stalks, even to the top of the water, divided towards the top into many branches, each carrying two Leaves on both sides, being about two inches long, and half an inch broad, thin and almost transparent, they look as though they were torn, the flowers are long, thick and whitish, set together almost like a bunch of Grapes, which being gone, there succeed for the most part, four sharp pointed grains altogether, containing a small white Kernel in them.

The second differs not much from this, save that it delights in more clear Water, its stalks are not flat, but round; its Leaves are not so long, but more pointed: as for the place we need not determine, for their Name sheweth they grow in the Water.

**Government and Vertues.]** They are under the Dominion of the Moon, and being made into a Pultis are excellent good for hot Inflammations and Swellings, Cankers, sore Mouths and Throats, being washed with the Decoction, it cleanseth and strengtheneth the Neck and Throat much, and helps those swellings, which when people have, they say, the Almonds of the Ears are fallen down; it is excellent good for the rankness of the Gums, a safe and present Remedy for the Kings-Evil; they are excellent good for the Stone and Gravel, especially the Nuts being dryed; they also resist Poyson, and bitings of Venomous Beasts.

### Campions Wild.

**Descript.]** **T**HE wild white Campion hath many long, and somewhat broad dark green Leaves lying upon the ground, with divers Ribs therein, somewhat like Plantane, but somewhat hairy, broader, and not so long: The hairy stalks rise up in the middle of them three or four foot high, and sometimes more, with divers great white joynts at several places thereon, and two such like Leaves thereat up to the top, sending forth branches at several joynts also; all which bear on several foot stalks white flowers at the tops of them, consisting of five broad pointed Leaves, every one cut in on the end un-

to the middle, making them seem to be two a piece, smelling somewhat sweet, and each of them standing in large green striped hairy Husks, large and round below next to the stalk : The seed is small and grayish in the hard Heads that come up afterwards. The Root is white and long, spreading divers fangs in the ground.

The Red wild Campion groweth in the same manner, as the white, but his Leaves are not so plainly ribbed, somewhat shorter, rounder, and more woolly in handling, The Flowers are of the same form and bigness ; but in some of a pale, in others of a bright red colour, cut in at the ends more finely, which makes the Leaves seem more in number than the other. The Seed and the Roots are alike, the Roots of both sorts abiding many years.

There are forty five kinds of Campions more, those of them which are of Physicall uses having the like vertues with these above described, which I take to be the two chiefeſt kinds.

Place. ] They grow commonly through this Land by Fields, and Hedges, sides, and Ditches.

Time. ] They flower in Summer, some earlier than others, and some abiding longer than others.

Government and Vertues. ] They belong unto Saturn, and it is found by experience that the Decoction of the Herb either in White or Red being drunk, doth stay inward Bleedings, and applyed outwardly it doth the like: and being drunk, helpeth to expel the Urine being stoppt, and Gravel and Stone in the Reins or Kidneys. Two drams of the Seed drunk in Wine, purgeth the Body of Cholerick humours, and helpeth those that are stung by Scorpions, or other Venemous Beasts ; and may be as effectual for the Plague : It is of very good use in old Sores, Ulcers, Cankers, Fistulae, and the like to cleanse and heal them by consuming the moist humours falling into them and correcting the putrefaction of humours offending them.

Bleeding inward and outward, Dysury, Gravel, Choler, venomous Beasts, Plague, Sores, Ulcers, Cankers, Fistulae.

### Carduus Benedictus.

It is called Carduus Benedictus, or Blessed Thistle, or Holy Thistle ; I suppose the Name was put upon it by some that had little holiness in themselves.

I shall spare a labour in writing a Description of this, sith almost every one that can but write at all, may describe them for his own knowledge.

Place. ] It groweth plentifully in Gardens.

Time. ] They flower in August, and seed not long after.

Government and Vertues. ] It is an Herb of Mars and under the Sign Aries. Now in handling this Herb, I shall give you a Rationall Pattern of all the rest, and if you please to view them throughout the Book you shall to your content find it true It helps Vertigo, Yellow Jaundice, swimmings and giddiness of the Head, or the Disease called Vertigo, because Aries is in the House of Mars. It is an excellent Remedy against the Yellow Jaundice, and other Infirmities of the Gall, because

*Attractive faculty, Tetters, Ring-worms, Plague, Sores, boyls, itch, mad-dogs, Venomous Beasts, French-Pox, strengthens Memory, Deafness, Quartan Agues, aduſt Choler, Urine.*

*Mars* governs Choler. It strengthens the Attractive Faculty in Man, and clarifies the Blood because the one is ruled by *Mars*. The continual drinking the Decoction of it helps red Faces, Tetters, and Ring-worms, because *Mars* causeth them. It helps Plague-sores, Boyls and Itch, the Bitings of Mad-Dogs and venomous Beasts, all which Infirmities are under *Mars*; thus you see what it

doth by Sympathy.

By Antipathy to other Planets, It cures the French-Pox, by Antipathy to *Venus* who governs it. It strengthens the Memory, and Cures Deafness by Antipathy to *Saturn*, who hath his fall in *Aries*, which rules the Head. It cures Quartan Agues and other Diseases of Melancholy and aduſt Choler, by Sympathy to *Saturn*, *Mars* being exalted in *Capricorn*. Also it provokes Urine, the stopping of which is usually caused by *Mars* or the *Moop*.

### Carrots.

**G**arden Carrots are so well known that they need no Description: but because they are of less Physical use than the wild kind (as indeed almost in all Herbs the Wild are most effectual in Physick, as being more powerful in Operation than the Garden kinds) I shall therefore briefly describe the wild Carrot.

*Descript.] It groweth in a manner altogether like the Tame but that the Leaves and stalks are somewhat whiter and rougher. The stalks bear large tufts of white flowers, with a deep purple spot in the middle, which are contracted together when the seed begins to ripen, that the middle part being hollow and low, and the outward stalks rising high maketh the whole umble to show like a Birds nest. The Root is small, long and hard, and unfit for meat, being somewhat sharp and strong.*

*Place.] The Wild Kind groweth in divers parts of this Land plentifully by the Fields sides, and untilled places.*

*Time.] They flower and seed in the end of Summer.*

*Government and Vertues.] Wild Carrots belong to Mercury, and therefore break Wind, and remove Stitches in the Sides,*

*Wind, Stitches, provokes Urine and the Terms, Stone, Dropſie, Colick, Barrenness, Ulcers.*

*provoke Urine, and Womens Courses, and helpeth to break and expel the Stone: The Seed also of the same worketh the like effect, and is good for the Dropſie, and those whose Bellies are swollen with Wind; helpeth the Colick, the Stone in*

*the Kidneys, and the rising of the Mother, being taken in Wine or boyled in Wine and taken it helpeth Conception. The Leaves being applied with Honey to running Sores or Ulcers do cleanse them.*

I suppose the Seeds of them perform this better than the Roots; and though *Galen* commend Garden Carrots highly to break wind, yet experience teacheth that they breed it first, and we may thank Nature for expelling it, not they: The Seeds of them expel wind indeed, and so mend what the Root marreth, Carraway,



## Carraway.

**Descript.]** **I**T beareth divers stalks of fine cut Leaves lying upon the ground, somewhat like to the Leaves of Carrots, but not bushing so thick, of a little quick tast in them, from among which riseth up a square stalk, not so high as the Carrot, at whose joints are set the like Leaves, but smaller and fitter, and at the top small open tufts or umbles of white flowers, which turn into small blackish seed (smaller than the Annis-seed, and of a quicker and better tast. The Root is whitish, small and long, somewhat like unto a Parsnip, but with more wrinkled Bark, and much less, of a little hot and quick tast, and stronger than the Parsnip, and abideth after Seed time.

**Place.]** It is usually sown with us in Gardens.

**Time.]** They flower in June and July, and seed quickly after.

**Government and Vertues.]** This is also a Mercurial Plant. Carraway-seed hath a moderate sharp quality, whereby it breaketh Wind, and provoketh Urine, which also the Herb doth. The Root is better food than the Parsnip, and is pleasant and comfortable to the Stomach, helpeth Digestion. The Seed is conducing to all the cold griefs of the Head and Stomach, the Bowels, or Mother, as also the wind in them, and helpeth to sharpen the Eye-sight. The Powder of the Seed put into a Pultis, taketh away black and blew spots of Blows and Bruises. The Herb it self, or with some of the Seed bruised and fried, laid hot in a bag or double cloath, to the lower parts of the Belly, easeth the pains of the Wind-Colick.

*Wind, Dysury, Indigestion,  
Head, Stomach, Bowels,  
Mother, Black and Blew  
Spots, Bruises, Colick.*

The Roots of Carraways eaten as Men eat Parsnips, strengthen the Stomachs of ancient people exceedingly, and they need not make a whole meal of them neither, and are fit to be planted in every Garden.

Carraway Confects, once only dipped in Sugar, and half a spoonful of them eaten in the morning fasting, and as many after each meal, is a most admirable Remedy for those that are troubled with Wind.

## Celandine.

**Descript.]** **T**His hath divers tender, round, whitish green Stalks, with greater Joints than ordinary in other Herbs, as it were Knees, very brittle and easie to break, from whence grow Branches with large, tender, long, Leaves, much divided into many parts, each of them cut in on the edges, set at the Joints on both sides of the Branches, of a dark blewish green colour, on the upper side like Columbines, and of a more pale blewish green underneath, full of a yellow Sap, when any part is broken of a bitter tast, and strong scent. At the tops of the Branches which are much divided, grow Gold yellow Flowers of four Leaves a piece, after which come small long Rods, with blackish seed therein. The Root is somewhat great at the head, shooting forth divers long Roots and small Strings, reddish on the out-side, and yellow within, full of a yellow sap therein.

**Place.]**

*Place.*] It groweth in many places by old walls, by the Hedges and VVay-fides in untilld places; and being once planted in a Garden, eſpecially in ſome ſhady places, it will remain there.

*Time.*] They flower all the Summer long, and the ſeed ripeneth in the mean time.

*Government and Vertues.*] This is an Herb of the Sun, and under the Coe-leſtial Lyon, and is one of the beſt Cures for the Eyes that is. All that know any thing in Aſtrology, know as well as I can tell them, that the Eyes are ſubject to the Luminaries; let it then be gathered when the Sun is in *Leo*, and the Moon in *Aries*, applying to his Trine: let *Leo* ariſe, then may you make it into an Oyl or Ointment which you pleaſe to anoint your ſore Eyes withal: I can prove it both by my own experience, and the experience of thoſe to whom I have taught it, That moſt deſperate ſore Eyes have been cured by this only Medicine; And then, I pray, is not this far better than endangering the Eyes by the Art of the Needle? For if this do not abſolutely take away the Film, it will ſo facilitate the work, that it may be done without danger. The Herb or Roots boyled in white Wine and drunk,

*Obſtructions of the Liver and Gall, Yellow Faundice, Dropſie, Peſtilence, Eyes, Ulcers, Tetters, Ring worms, Cancers, Warts, Belly, Bowels, Mother, Worms, Terms, Stops, Toot-ach, Itch, Beauty loſt.*

a few Annifeeds being boyled therewith openeth Obſtructions of the Liver and Gall, helpeth the Yellow Jaundice; and often uſing it helps the Dropſie and the Itch, and thoſe that have old Sores in their Legs, or other parts of the Body. The Juyce thereof taken faſting, is held to be of ſingular good uſe againſt the Peſtilence: The diſtilled Water with a little Sugar, and a little good Treacle mixed therewith (the party upon the taking being laid down to ſweat a little) hath the

ſame effect. The Juyce dropped in the Eyes cleaſeth them from Films and Cloudineſs which darken the ſight, but it is beſt to allay the ſharpeſs of the Juyce with a little Breſt-Milk: It is good in old filthy, corroding, creeping Ulcers, whereſoever, to ſtay their malignity of fretting and running, and to cauſe them to heal more ſpeedily: The Juyce often applied to Tetters, Ring-worms or other ſuch like ſpreading Cankers, will quickly heal them, and rubbed often upon Warts, will take them away. The Herb with the Roots bruised and heated with Oyl of Chamomel, and applied to the Navel, taketh away the griping pain in the Belly and Bowels, and all the pains of the Mother: and applied to Womens Breſts, ſtayeth the overmuch flowing of their Courſes. The Juyce or Decoction of the Herb gargled between the teeth that ach, eaſeth the pain: and the Powder of the dried Root laid upon an aching, hollow, or looſe tooth, will cauſe it to fall out. The Juyce mixed with ſome Powder of Brimſtone, is not only good againſt the Itch, but taketh away all diſcolourings of the Skin whatſoever: and if it chance that in a tender Body it cauſeth any Itching or Inflammations, by bathing the place with a little Vinegar it is helped.

Another ill-favoured trick have Phyſitians got to uſe to the Eye, and that is worſe than the Needle; which is, to eat away Films by corroding or gnawing Medicines. This I abſolutely proteſt againſt.

1. Because the Tunicles of the Eyes are very thin, and therefore soon eaten asunder.

2. The *Callus* or Film that they would eat away, is seldom of an equal thickness in every place, and then the Tunicle, may be eaten asunder in one place, before the Film be consumed in another, and so to be a readier way to extinguish the sight, than to restore it.

It is called *Chelidonium* from the Greek Word *χελιδών*, which signifies a Swallow, because they say, that if you pick out the Eyes of young Swallows when they are in the Nest, the old ones will recover their Eyes again with this Herb. This I am confident, for I have tried it, that if you mar the very Apple of their Eyes with a Needle, she shall recover them again, but whether with this Herb or not I know not.

Also I have read (and it seems to me somewhat probable) that the Herb being gathered as I shewed before, and the Elements drawn apart from it, by the Art of the Alchymist, and after they are drawn apart, rectified, the earthly quality, still in rectifying them, added to the *Terra damnata*, (as Alchymists call it) or *Terra Sacratissima* (as some Philosophers call it.) The Elements so rectified are sufficient for the Cure of all Diseases, the humor offending being known, and the contrary Element given: It is an experience worth the trying and can do no harm.

The lesser Celandine usually known by the name of Pilewort and Figwort.

I Wonder what ailed the Ancients to give this the Name of *Celandine*, which resembles it neither in nature nor form: It acquired the name of *Pilewort* from its Vertues, and it being no great matter where I set it down, so I set it down at all, I humoured Dr. Tradition so much as to set it down here.

Description.] This Celandine then, or Pilewort (which you please) doth spread many round pale green leaves, set on weak and trailing branches, which lie upon the ground, and are flat, smooth and somewhat shining, and in some places (though seldom) marked with black spots, each standing on a long foot stalk, among which rise small yellow flowers, consisting of nine or ten small narrow Leaves, upon slender foot-stalks very like unto a Crows foot, whereunto the seed also is not unlike, being many small ones, set together upon a head. The Root is made of many small Kernels, like a grain of Corn, some twice as long as others, of a whitish colour, with some fibres at the end of them.

Plac.] It groweth for the most part in moist corners of fields, and places that are near Water sides, yet will abide in dryer grounds, if they be but a little shadowed.

Time.] It flowreth betimes about March or April, is quite gone in May, so as it cannot be found till it spring again.

Government and Vertues.] It is under the Dominion of Mars: and behold here another Verification of that Learning of the Antients, viz. that the Vertue of an Herb may be known by its signature, as plainly appears in this, for if you dig up the Root of it, you shall perceive the perfect Image of that Disease which

which they commonly call the Piles. It is certain by good experience that the Decoction of the Leaves and Roots doth wonderfully help the Piles and Hemorrhoids, as also Kernels by the Ears and Throat, called the Kings-Evil, or any other hard Wens or Tumours.

Here's another Secret for my Country-Men and Women, a couple of them together, Pilewort made into an Oyl, Oyntment, or Plaister readily cures both the Piles or Hemorrhoids, and the Kings-Evil: the very Herb born about ones Body next the Skin, helps in such Diseases, though it never touch the place grieved: let poor people make much of it for these uses; with this I cured my own Daughter of the Kings-Evil, broke the Sore, drew out a quarter of a Pint of Corruption, cured it without any Scar at all, and in one Weeks time.

### The Ordinary small Centaury

**Description.]** **T**His groweth up most usually but with one round and somewhat crested stalk, about a foot high or better, branching forth, as the top into many sprigs, and some also from the joynts of the stalks below: The flowers that stand at the tops as it were in one umbel or tuft, are of a pale red tending to a carnation colour, consisting of five sometimes six small Leaves, very like those of St. Johns-wort, opening themselves in the day time and closing at night, after which come seed in little short Husks, in form like unto Wheat Corns: The Leaves are small and somewhat round. The Root small and hard, perishing every year. The whole Plant is of an exceeding bitter tast.

There is another sort in all things like the former, save only it beareth white Flowers.

**Place.]** They grow ordinarily in Fields, Pastures and Woods; but that with the white Flowers not so frequently as the other.

**Time.]** They Flower in July or thereabouts, and seed within a Month after.

**Government and Vertues.]** They are all under the Dominion of the Sun, as appears in that their Flowers open and shut as the Sun, either sheweth or hideth his face. This Herb boyled and drunk, purgeth Choleric and gross humors, and helpeth the Scitica: it openeth Obstructions of the Liver, Gall, and Spleen, helping the Jaundice, and easing the pains in the Sides, and hardness of the Spleen, used outwardly, and is given with very good effect in Agues: It helpeth those that have the Dropsie, or the Green-Sickness, being much used by the Italians in Powder for that purpose. It killeth the Worms in the Belly, as is found by experience. The Decoction thereof (viz.) the tops of the stalks with the Leaves and Flowers, is good against the Colick, and to bring down Womens Courses, helpeth to avoid the Dead Birth,

*Choler, Sciatica, Obstructions of the Liver, Gall, Spleen, Agues, Dropsie, Green Sickness, Colick, Terms provokes.*

Sickness, being much used by the Italians in Powder for that purpose. It killeth the Worms in the Belly, as is found by experience. The Decoction thereof (viz.) the tops of the stalks with the Leaves and Flowers, is good against the Colick, and to bring down Womens Courses, helpeth to avoid the Dead Birth,

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Birth, and easeth pains of the Mother, and is very effectual in all old pains of the Joynts, as the Gout, Cramps or Convulsions. A dram of the powder thereof taken in Wine, is a wonderful good help against the biting and poyson of an Adder. The Juyce of the Herb with a little Honey put to it, is good to clear the Eyes, from dimness, mists and clouds that offend or hinder the Sight: It is singular good both for green and fresh Wounds, as also for old Ulcers and Sores, to close up the one, and cleanse the other, and perfectly to cure them both, although they be hollow or Fistulous: the green Herb especially being bruised and laid thereto. The Decoction thereof dropped into the Ears cleanseth them from Worms, cleanseth the foul Ulcers, and spreading Scabs of the Head, and taketh away all Freckles, Spots and Marks in the Skin, being washed with it; The Herb is so safe you cannot fail in the using of it, only give it inwardly for inward Diseases: use it outwardly for outward Diseases: 'Tis very wholesome but not very toothsome.

*Foynts, Gout, Sciatica, Cramp, Convulsion, Venomous Beast, Eyes Wounds, Ulcers, Ears, Scabby Heads, Freckles, Spots.*

There is besides these another small Centaury, which beareth a yellow Flower, in all other respects it is like the former, save that the Leaves are bigger and of a darker green, and the stalk passeth through the midst of them, as it doth in the Herb *Thorowax*. They are all of them as I told you under the Dominion of the *Sun*, yet this if you observe it, you shall find an excellent truth; in Diseases of Blood, use the red Centaury; If of Choler use the yellow; but if of Flegm or Water, you will find the white best.

### The Cherry Tree.

I Suppose there are few but know this Tree, for his Fruits sake and therefore I shall spare writing a Description thereof.

*Place.*] For the place of its growth, it is afforded room in every Orchard.

*Government and Vertues.*] It is a Tree of *Venus*. Cherries as they are of different tastes, so they are of divers qualities: The sweet pass through the Stomach and Belly more speedily, but are of little nourishment: the tart or four are more pleasing to an hot Stomach, procuring Appetite to Meat, and help to cut tough Flegm, and gross Humours: but when these are dried, they are more binding the Belly than when they are fresh, being cooling in hot Diseases, and welcom to the Stomach, and provoke Urine: The Gum of the Cherry Tree dissolved in Wine, is good for a cold Cough, and hoarseness of the Throat, mendeth the colour in the Face, sharpeneth the Eye-sight, provoketh Appetite, and helpeth to break and expel the Stone: the black Cherries bruised with the Stones, and dissolved, the Water thereof is much used to break the Stone, expel Gravel and Wind.

*\*Appetite lost, Flegm, gross Humours cool, provoke Urine, Cough, Hoarseness, Sight, Gravel, Wind.*

Winter

## Winter-Cherries.

23 Descript.] **T**HE Winter Cherry hath a running or creeping Root in the ground, of the bigness many times of ones little finger, shooting forth at several joynts in several places, whereby it quickly spreadeth a great compass of ground, the stalk riseth not above a yard high, whereon are set many broad, and long green Leaves, somewhat like Nightshade, but larger; at the joynts whereof come forth whitish flowers made of five Leaves apiece, which after turn into green Berries enclosed with thin skins, which change to be reddish when they grow ripe, the Berry likewise being reddish, and as large as a Cherry, wherein are contained many flat and yellowish seeds lying within the pulp, which being gathered and strung up, are kept all the year, to be used upon occasion.

Place.] They grow not naturally in this Land, but are cherished in Gardens for their Vertues.

Time.] They flower not untill the middle or latter end of July, and the Fruit is ripe about the end of August or beginning of September.

Government and Vertues.] This also is a Plant of Venus. They are of great use in Physick: The Leaves being cooling, may be used in Inflammations,

*Inflammations, Dysury, Stone, Gravel, Ulcers in the Reins and Bladder, pissing Blood, sharpness of Urines. A precious Receipt.*

but not opening as the Berries and Fruit are, which by drawing down the Urine, provoke it to be voided plentifully when it is stopped, or grown hot, sharp and painful in the passage: it is good also to expel the Stone and Gravel out of the Reins, Kidneys and Bladder, helping to dissolve the Stone, and voiding it by Grit or Gravel sent forth in the Urine: it also helpeth much to cleanse inward Imposthumes,

or Ulcers in the Reins or Bladder, or in those that void a bloody or foul Urine. The distilled Water of the Fruit, or the Leaves together with them, or the Berries green or dry distilled with a little Milk, and drunk morning and evening with a little Sugar is effectual to all the purposes afore specified, and especially against the heat and sharpness of the Urine. I shall only mention one way amongst many others, which might be used for ordering the Berries to be helpful for the Urine and the Stone, which is thus: Take three or four good handfuls of the Berries, either green or fresh, or dried, and having bruised them, put them into so many Gallons of Beer or Ale when it is new Tunned up: This Drink taken daily, hath been found to do much good to many: both to ease the pains, and expel Urine, and the Stone, and to cause the Stone not to ingender. The Decoction of the Berries in Wine and Water, is the most usual way; but the Powder of them taken in Drink, is more effectual.

## Chervil.

It is called Cerefolium, Mirrhus, and Mirrha, Chervil, sweet Chervil, and sweet Cicely.

Descript The Garden Chervil doth at first somewhat resemble Parsley, but after

after it is better grown, the Leaves are much cut in and jagged, resembling Hemlock, being a little hairy, and of a whitish green colour, sometimes turning reddish in the Summer with the stalks also: It riseth a little above half a foot high, bearing white Flowers in spiked tufts, which turn into long and round seeds pointed at the ends, and blackish when they are ripe of a sweet tast, but no smell though the Herb it self smelleth reasonable well: The Root is small and long, and perisheth every year, and must be sown anew in the Spring for seed, and after July for Autumn Sallet.

The Wild Chervil groweth two or three foot high, with yellow stalks and joynts, set with broader and more hairy Leaves, divided into sundry parts, nicked about the edges, and of a dark green colour; which likewise grow reddish with the stalks; at the tops whereof stand small white tufts of Flowers, and afterwards smaller and longer seed: The Root is white, hard, and enduring long. This hath little or no scent.

Place.] The first is sown in Gardens for a Sallet Herb; The second groweth wild in many of the Meadows of this Land, and by the Hedg-sides, and on Heaths.

Time.] They flower and seed early, and thereupon are sown again in the end of Summer.

Government and Vertues.] The garden Chervil being eaten doth moderately warm the stomach, and is a certain Remedy (saith *Tragus*) to dissolve congealed or clotted blood in the Body, or that which is clotted by Bruises, Falls, &c. the Juyce or distilled Water thereof being drunk, and the bruised Leaves laid to the place, being taken either in meat or drink, it is held good to provoke Urine, or expel the Stone in the Kidneys, to send down Womens Courses, and to help the Pleurisie and pricking of the sides.

Stomach, clotted Blood,  
Bruises, Falls, Dysury,  
Stone, Pleurisies, Sides.

The Wild Chervil bruised and applied, dissolveth Swellings in any part of the Body, and taketh away the spots and marks of congealed Blood by Bruises or Blows in a little space.

Swellings, black and blew  
Spots.

### Sweet Chervil, or Sweet Cicely.

Descript.] **T**His groweth very like the greater Hemlock, having large spread Leaves cut into divers parts, but of a fresher green colour than the Hemlock, tasting as sweet as the Anniseed. The stalk riseth up a yerd high or better, being crested or hollow, having the Leaves at the joynts, but lesser; and at the tops of the branched stalks, umbles or tufts of white flowers; after which come large and long crested black shining seed, pointed at both ends, tasting quick, yet sweeter and pleasant. The Root is great and white, growing deep in the ground, and spreading sundry long branches therein, in tast and smell stronger than the Leaves or Seed, and continuing many years.

Place.] This groweth in Gardens.

Government and Vertues.] These are all three of them of the Nature of Jupiter,

*pit*, and under his Dominion. This whole Plant, besides its pleasantness in Sallats hath its Physicall Vertues. The Root boyled and eaten with Oyl

*Cold Stomach, Wind, Flegm, Lungs, Ptisick, Pestilence, Terms provokes, After-birth, Appetite lost, Ulcers, Epidemical Diseases.*

and Vinegar (or without Oyl) doth much please and warm old and cold Stomachs, oppressed with Wind, or Flegm, or those that have the Ptisick or Consumption of the Lungs. The same drunk with Wine, is a preservative from the Plague: it provoketh Womens Courses, and expelleth the After-birth, procureth an Appetite to Meat, and expelleth Wind. The Juyce is good to heal the

Ulcers of the Head and Face. The Candied Roots hereof are held as effectual as *Angelica* to preserve from infection in the time of a Plague, and to warm and comfort a cold weak Stomach: it is so harmless you cannot use it amiss.

### Chestnut Tree.

**I**T were as needless to describe a Tree so commonly known, as to tell a man he had gotten a Mouth; therefore take the Government and Vertues of them thus.

The Tree is absolutely under the Dominion of *Jupiter*, and therefore the Fruit must needs breed good blood, and yield commendable nourishment to the Body; yet if eaten overmuch, they make the blood thick, procure Head-ach, and bind the Body: the inner skin that covereth the Nut, is of so binding a quality, that a Scruple of it being taken by a Man, or ten grains by a Child, soon stops any Flux whatsoever: the whole Nut being dried and beaten into powder, and a dram taken at

*Flux, Terms stops, Cough, Spitting Blood.*

a time, is a good remedy to stop the Terms in Women. If you dry Chestnuts, and beat them into powder (only the Kernel I mean) both the Barks being taken away, beat them into powder, and make the powder up into an Electuary with Honey, so have you an admirable Remedy for the Cough and Spitting Blood.

### Earth-Chestnuts.

**T**hey are called *Earth-Nuts, Earth-Chestnuts, Ground-Nuts, Ciper-Nuts*, and we in *Sussex* call them *Pig-Nuts*. A Description of them were needless, for every Child knows them.

*Government and Vertues.*] They are something hot and dry in quality, under the Dominion of *Venus*, they provoke Lust exceedingly and stir up to those Sports she is Mistress of; the Seed is excellent good to provoke Urine, and so also is the Root, but it doth not perform it so forcibly as the Seed doth. The Root being dried, and beaten into powder, and the powder made into an Electuary is as singular a Remedy for Spitting and Pissing Blood, as the former Chestnut was for Coughs.

Chick-



Chickweed.

**I**T is so generally known to most people, I shall not therefore trouble you with the Description thereof, nor my self with setting forth the several kinds, sith but only two or three are considerable for their usefulness.

*Place.*] They are usually found in moist and watry places, by Wood sides, and elsewhere.

*Time.*] They flower about *June*, and their seed is ripe in *July*.

*Government and Vertues.*] It is a fine soft pleasing Herb, under the Dominion of the *Moon*. It is found to be as effectual as Purslain to all the purposes whereunto it serveth, except for Meat only. The Herb bruised, or the Juyce applied (with cloaths or sponges dipped therein) to the Region of the Liver, and as they dry, to have fresh applied, doth wonderfully temper the heat of the Liver; and is effectual for all Imposthumes and Swellings whatsoever; for all redness in the Face, Wheals, Pushe, Itch, Scabs; the Juyce either simply used, or boyled with Hogs-grease and applied, the same helpeth Cramps, Convulsions and Palsies. The Juyce or distilled Water is of much good use for all heats

*Hot Liver, Aposthumes, Swellings, Red Face, Wheals, Pushe, Itch, Scabs, Cramp, Convulsion, Palsie, Red Eyes, Hemorrhoids, Ulcers, Sinews.*

and redness in the Eyes to drop some thereof into them: as also into the Ears to ease pains in them. and is of good effect to ease pains; the heat and sharpness of Blood in the Piles, and generally all pains in the Body that arise of heat. It is used also in hot and virulent Ulcers and Sores, in the Privy Parts of Men or Women, or on the Legs, or elsewhere. The Leaves boyled with Marsh-mallows, and made into a Pultis with Fœnugreek and Linseed, applied to Swellings, or Imposthumes, ripen and break them, or swage the Swellings, and ease the Pains. It helpeth the Sinews when they are shrunk by Cramps, or otherwise, and to extend and make them plyable again, by this Medicine; Boil an handful of Chickweed and a handful of red Rose leaves dried, but not distilled, in a quart of Muscadine until a fourth part be consumed, then put to them a pint of Oyl of Trotters or Sheeps-feet; let them boil a good while, still stirring them well, which being strained, anoint the grieved place therewith warm against the fire, rubbing it well with ones hand, and bind also some of the Herb (if you will) to the place, and with Gods Blessing it will help it in three times dressing.

Cich-Pease, or Cicers.

*Description.*] **T**He Garden sorts, whether red, black, or white, bring forth Stalks a yard long, whereon do grow many small and almost round Leaves, dented about the edges, set on both sides of a middle Rib: at the Joints come forth one or two Flowers upon sharp Foot-stalks Pease-fashion, either white or whitish, or purplish red, lighter or deeper, according as the Pease that follow will be, that are contained in small, thick and short

*Pods, wherein lie one or two Pease more usually, a little pointed at the lower end and almost round at the Head, yet a little corner'd or sharp; the Root is small, and perisheth yearly.*

*Place and Time.*] They are sown in Gardens, or the Fields as Pease, being sown later than Pease, and gathered at the same time with them, or presently after.

*Government and Vertues.*] They are both under the Dominion of *Venus*. They are no less windy than Beans, but nourish more, they provoke Urine,

*Dysury, Seed encrease, Stone, Costiveness, Terms provokes, Pains in the Sides, Obstructions, Stone, Open, Digest, Dissolve.*

and are thought to encrease Sperm, they have a cleansing Faculty, whereby they break the Stones in the Kidneys. To drink the Cream of them being boiled in Water, is the best way. It moveth the Belly downwards, provoketh Womens Courses and Urine, encreaseth both Milk and Seed. One ounce of Cicers, two ounces of French-Barly, and a small

handful of Marsh-Mallow-Roots, clean washed and cut, being boyled in the Broath of a Chicken, and four ounces taken in the Morning, and fasting two hours after, is a good Medicine for a Pain in the Sides. The white Cicers used more for Meat than Medicine, yet have they the same effect, and are thought more powerful to encrease Milk and Seed. The wild Cicers are so much more powerful than the Garden kinds, by how much they exceed them in heat and dryness, whereby they do more open Obstructions, break the Stone, and have all the properties of cutting, opening, digesting and dissolving, and this more speedily and certainly than the former.

### Cinquefoyl, or Five-leaved-Grass; Called, in some Countries Five-finger'd-Grass.

*Descript.*] IT spreadeth and creepeth far upon the ground, with long slender strings like Straw-Berries, which take Root again and shoot forth many Leaves made of five parts, and sometimes of seven, dented about the edges, and somewhat hard. The Stalks are slender, leaning downwards and bears many small yellow Flowers thereon, with some yellow thrids in the middle standing about a smooth green head; which when it is ripe, is a little rough, and containeth small brownish Seeds. The Root is of a blackish brown colour, seldom so big as ones little finger, but growing long with some thrids thereat: and by the small strings it quickly spreadeth over the ground.

*Place.*] It groweth by Wood-fides, Hedge-fides, the Path-way in Fields, and in the borders and corners of them almost through all this Land.

*Time.*] It flowreth in Summer, some soon, some later.

*Government and Vertues.*] This is an Herb of *Jupiter*, and therefore strengthens the parts of the Body it rules; let *Jupiter* be Angular and strong when it is gathered, and if you give but a scruple (which is but

twenty grains of it) at a time, either in White Wine, or White Wine Vinegar, you shall very seldom miss the Cure of an Ague, be it what Ague soever in three fits, as I have often proved, to the Admiration both of my self and others; let no man despise it because it is plain and easie, the ways of God are all such. 'Tis the ungodliness and impudency of man that hath made things hard, and hath (by so doing) made sport for all the Devils in Hell, and grieved the Good Angels; and when you read this, your own Genius, (if you be any thing at all acquainted with it) may dictate to you many as

Agues.

good conclusions both of this and other Herbs. It is an especial Herb used in all Inflammations and Feavers, whether infectious or pestilential; or among other Herbs to cool and temper the Blood and Humors in the Body. As also for all Lotions, Gargles, Injections, and the like for sore Mouths, Ulcers, Cancers, Fistulae, and other corrupt, foul or running Sores. The Juyce hereof drunk, about four ounces at a time for certain days together, cureth the Quinzie, and yellow Jaundice, and taken for thirty days together, cureth the Falling-sickness. The Roots boiled in Milk and drunk, is a most effectual remedy for all Fluxes in Man or Woman, whether the White or Red as also the Bloody-flux. The Root boiled in Vinegar, and the Decoction thereof held in the Mouth

*Inflammations, Feavers, Pestilence, Sore Mouth, Ulcers, Cancers, Fistulae, Quinsie, yellow Jaundice, Falling-sickness, Flux, Terms stops, Whites, Bloody-flux, Tooth-ach, Hoarseness, Cough, Palsie of the Hands, Knots in the Flesh, St Anthony's-fire, Shingles, Scabs, Itch, Joynts pained, Sciatica, Ruptures Gout, Bruises, Falls, Bleeding.*

easeth the pains of the Tooth-ach. The Juyce or Decoction taken with a little Honey, helpeth the hoarseness of the Throat, and is very good for the Cough of the Lungs. The Distilled Water of both Roots and Leaves is also effectual to all the purposes aforesaid, and if the Hands be often washed therein, and suffered at every time to dry in of it self without wiping, it will in short time help the Palsie, or shaking in them. The Root boiled in Vinegar, helpeth all Knots, Kernels, hard Swellings and Lumps, growing in any part of the Flesh, being thereto applied, as also all Inflammations, and St. Anthony's-fire, all Imposthumes and painful Sores; with heat and putrefaction, the Shingles also, and all other sorts of running and foul Scabs, Sores and Itch. The same also boyled in Wine, and applied to any Joynts full of Pain, Ach or the Gout in the hands or feet or the Hip-gout called the *Sciatica*, and the Decoction thereof drunk the while, doth cure them, and easeth much pain in the Bowels. The Roots are likewise effectual to help Ruptures or Burstings, being used with other things available to that purpose, taken either inwardly or outwardly, or both: as also for Bruises, or hurts by Blows, Falls, or the like, and to stay the bleeding of VVounds in any part, inward or outward.

Some hold that one Leaf cures a Quotidian, three a Tertian, and four a Quartan, Ague, and a hundred to one if it be not *Dioscorides*, for he is full of such whimsies. The truth is, I never stood so much upon the number of

the Leaves, nor whether I gave it in Powder or Decoction; If *Jupiter* were strong, and the *Moon* applying to him, or his good Aspect at the gathering, I never knew it miss the desired effects.

## Cives.

**C**alled also Rush-Leeks, Chives, Civet and Sweth.

*Temperature and Vertues.*] I confesse I had not added these, had it not been for a Letter I received of a Country-Gentleman, who certified me, That amongst other Herbs I had left these out: they are indeed a kind of Leeks, hot and dry in the fourth Degree as they are, and also under the Dominion of *Mars*, if they be eaten raw, (I do not mean raw opposite to roasted or boiled, but raw opposite to Chymical Preparation) they send up very hurtful vapours to the Brain, causing troublesome Sleep, and spoiling the Eye-light; yet of them prepared by the Art of the Alchymist, may be made an excellent Remedy for the stoppage of Urine.

## Clary, or more properly Cleer-Eye.

**25** *Descript.*] **O**ur ordinary Garden Clary hath four square stalks, with broad, rough, wrinkled, whitish, or hairy green Leaves, somewhat evenly cut in on the edges, and of a strong sweet Scent, growing, some near the ground, and some by couples upon stalks. The flowers grow at certain distances with two small Leaves at the joynts under them, somewhat like unto the flowers of Sage, but smaller, and of a whitish blew colour. The seed is brownish, and somewhat flat, or not so round as the wild. The Roots are blackish, and spread not far, and perish after the seed time. It is usually sown, for it seldom riseth of its own sowing.

*Place.*] This groweth in Gardens.

*Time.*] It flowereth in *June* and *July*, some a little later than others, and their Seed is ripe in *August* or thereabouts.

*Government and Vertues.*] It is under the Dominion of the *Moon*. The Seed is used to be put into the Eyes to clear them from Motes, or other such like things gotten within the Lids to offend them; as also to clear them from white or red spots in them. The Mucilage of the Seed made with Water, and applied to Tumours or Swellings, disperseth and taketh them away; as also draweth forth Splinters, Thorns, or other things gotten into the Flesh. The Leaves used with Vinegar either by it self, or with a little Honey, doth help hot Inflammations, as also Boils, Felons, and the hot Inflammations that are gathered by their pains, if it be applied before they be grown too great. The Powder of the dried Root put into the Nose provoketh Sneezing, and thereby purgeth the Head and Brain of much Rheum and Corruption. The Seed or Leaves taken in Wine, provoketh to Venery. It is of much use both for Men and Women that have weak Backs, to help to strengthen the Reins: used either by it self, or with other

Herbs



Herbs conducing to the same effect, and in Tanlies often. The fresh Leaves dipped in a Batter of Flower, Eggs and a lttle Milk, and fried in Butter, and served to the Table is not unpleasant to any, but exceeding profitable for those that are troubled with weak Backs, and the effects thereof. The Juyce of the Herb put into Ale or Beer, and drunk bringeth down Womens Courfes, and expelleth the Afterbirth.

It is an usual Course with many Men when they have gotten the running of the Reins, or Women the Whites, they run to the Bulh of Clary, Maid, bring hither the Frying-Pan, fetch me some Butter quickly, then for eating fried Clary, just as Hogs eat Acorns, and this they think will cure their Disease (forsooth) whereas when as they have devoured as much Clary as will grow upon an Acre of ground, their Backs are asmuch the better as though they had pissed in their shoes; nay, perhaps much worse.

We will grant that Clary strengthens the Back; but this we deny, That the cause of the Running of the Reins in Men, or the Whites in Women lies in the Back (though the Back may sometimes be weakned by them) and therefore the Medicine is as proper, as for me when my Toe is fore to lay a Plaister to my Nose.

### Wild-Clary.

**W**ild Clary is most blasphemously called Christs Eye, because it cures Diseases of the Eyes. I could wish from my very Soul, Blasphemy Ignorance and Tyranny were ceased amongst Phylitians, that they might be happy, and I joyful.

*Description.] It is like the other Clary, but lesser, with many stalks about a foot and a half high. The stalks are square and something bairy. The Flowers of a blewish colour. He that knows the common Clary, cannot be ignorant of this.*

*Place.] It grows commonly in this Nation in barren places; you may find it plentifully if you look in the Fields near Grays-Inn, and the Fields near Chelsey.*

*Time.] They flower from the beginning of June, to the latter end of August.*

*Government and Vertues.] It is something hotter and dryer than the Garden-Clary is, yet nevertheless under the Dominion of the Moon, as well as that, the Seeds of it being beaten to Powder and drunk with Wine, is an admirable help to provoke Lust. A decoction of the Leaves being drunk, warms the Stomach, and 'tis a wonder if it should not, the Stomach being Cancer, the house of the Moon. Also it helps digestion, scatters congealed blood in any part of the Body, & helpeth dimness of sight. The distilled Water thereof cleanseth the Eyes of redness, waterishness & heat, 'tis a gallant Remedy for dimness of sight, to take one of the Seeds of it, & put into the Eyes & there let it remain while it drops out of it self, the pain of it will be nothing to speak*

*Lust provoketh, Congealed Blood, cold Stomach, sore Eyes, Films in the Eyes, Indigestion.*

on ; it will cleanse the Eyes of all filthy and putrified matters, and in often repeating of it, will take off a Film which covereth the sight, a handsomer, safer and easier Remedy a great deal, than to tear it off with a Needle.

### Cleavers.

**I**T is also called Aparine, Goose-share, Goof-grass, and Cleavers.

**Description.]** *The common Cleavers hath divers very rough square stalks, not so big as the Tag of a Point, but rising up to be two or three yards high sometimes, if it meet with any tall Bushes or Trees whereon it may climb, (yet without any clasps) or else much lower, and lying on the ground full of Joints. and at every one of them shooteth forth a branch besides the Leaves thereat, which are usually six, set in a round compass like a Star, or the Rowel of a Spur : from between the Leaves at the joints towards the tops of the branches, come forth very small white flowers at every end upon small threddy foot-stalks, which after they have fallen, there do shew two small, round, and rough seeds, joyned together like two Testicles, which when they are ripe, grow hard and whitish, having a little hole on the side, somewhat like unto a Navel. Both stalks, leaves and seeds are so rough, that they will cleave to anything, that shall touch them. The Root is small and very threddy, spreading much in the ground, but dyeth every year.*

**Place.]** It groweth by the Hedge and Ditch-sides in many places of this Land, and is so troublesome an Inhabitant in Gardens, that it rampeth upon, and is ready to choak whatever grows next to it.

**Time.]** It flowreth in *June* or *July*, and the seed is ripe, and falleth again in the end of *July* or *August*, from whence it springeth up again, and not from the old Roots.

**Government and Vertues.]** It is under the Dominion of the *Moon*. The Juyce of the Herb and the Seed together taken in Wine helpeth those that are bitten with an Adder, by Preserving the Heart from the Venom. It is familiarly taken in Broth to keep them lean and lank that are apt to grow fat. The distilled Water drunk twice a day, helpeth the Yellow Jaundice, and the Decoction of the Herb in Experience is found to do the same, and stayeth Lasks and bloody Fluxes. The Juyce of the Leaves, or they a little bruised and applied to any bleeding Wounds, stayeth the bleeding. The Juyce is also very good to close up the lips of green Wounds; and the Powder of the dried Herb strew'd thereupon, doth the same, and likewise helpeth old Ulcers. Being boyled with Hogs-grease, it helpeth all sorts of hard swellings or Kernels in the Throat. being anointed therewith. The Juyce dropped into the Ears, taketh away the pain of them.

It is a good Remedy in the Spring, eaten (being first chopped small, and boyled well) in Water-gruel, to cleanse the Blood, and strengthen the Liver, thereby keeping the Body in health, and fitting it for that change of Season that is coming.

Clowns

Clowns Woundwort.

26

Description.] **I**T groweth up sometimes to three or four foot high, but usually about two foot, with square, green rough stalks, but slender joyned somewhat far asunder, and two very long, and somewhat narrow dark green Leaves, bluntly dented about the edges thereof, ending in a long point. The Flowers stand towards the tops compassing the stalks at the joynts with the Leaves, and end likewise in a spiked top, having long and much open gaping hoods of a purplish red colour, with whitish spots in them standing in somewhat rough Husks, wherein afterwards stand blackish round seeds. The Root is composed of many long strings, with some tuberous long knobs growing among them of a pale yellowish or whitish colour, yet sometimes of the year these knobby Roots in many places are not seen in this Plant: The whole Plant smelleth somewhat strongly.

Place.] It groweth in sundry Countries of this Land, both North and West, and frequently by Path sides in the Fields near about London, and within three or four miles distant about it, yet usually grows in or near Ditches.

Time.] It flowreth in June and July, and the Seed is ripe soon after.

Government and Vertues.] It is under the Dominion of the Planet Saturn. It is singularly effectual in all fresh and green Wounds, and therefore beareth not this name for nought. And is very available in stanching of Blood, and to dry up the fluxes of Humors in old fretting Ulcers, Cankers, &c. that hinder the healing of them.

Wounds, Ulcers, Blood, Cankers, Bicoxy Flux, Vessels, broken, Ruptures, spitting, pissing and Vomiting Blood, Veins swelled, Muscles curd.

A Syrup made of the Juyce of it is inferior to none for inward VVounds, Ruptures of Veins, Bloody-Flux, Vessels broken, spitting, pissing or vomiting Blood: Ruptures are excellently, and speedily, even to admiration, cured by taking now and then a little of the Syrup, and applying an Ointment or Plaister of the Herb to the Place. Also if any Vein be swelled, or Muscle, apply a Plaister of this Herb to it, & if you add a little Comfry to it it will not do amiss. I assure thee, the Herb deserves commendations though it have gotten but a clownish Name, and whoever reads this (if he try it as I have done) will commend it as well as I have done, only take notice, That it is of a dry Earthy quality.

Cocks-Head, Red Fitchling, or Medick Fetch.

Description.] **T**HIS hath divers weak, but rough Stalks half a yard long, leaning downwards, beset with winged Leaves, longer and more pointed than those of Lentiles, and whitish underneath; from the tops of these Stalks, arise up other slender Stalks, naked without Leaves unto the tops, where there grow many small Flowers in manner of a spike of a pale reddish colour,

colour, with some blewness among them : after which rise up in their places, round, rough and somewhat flat heads. The Root is tough and somewhat woody, yet liveth, and shooteth anew every year.

*Place.*] It groweth under Hedges; and sometimes in the open Fields, in divers places of this Land.

*Time.*] They flower all the months of *July* and *August*, and the Seed ripeneth in the mean while.

*Government and Vertues.*] It is under the Dominion of *Venus*. It hath power to ratifie and digest, and therefore the green Leaves, bruised and laid as a Plaister, disperse Knots, Nodes or Kernels in the flesh; & if when it is dry, it be taken in wine it helpeth the Strangury; and being anointed with Oyl, it provoketh Sweat. It is a singular food for Cattel, to cause them to give store of Milk, and why then may it not do the like being boiled in ordinary drink of Nurser.

### Columbines.

These are so well known growing almost in every Garden, that I think I may save the expence of time in writing a Description of them.

*Time.*] They flower in *May*, and abide not for the most part when *June* is past, perfecting their Seed in the mean time.

*Government and Vertues.*] It is also an Herb of *Venus*. The Leaves of Columbines are commonly used in Lotions with good success for sore Mouths, and Throats : *Tragus* saith, That a dram of the seed taken in Wine with a little Saffron, openeth Obstructions of the Liver, and is good for the Yellow Jaundice, if the party after the taking thereof be laid to sweat well in the Bed. The seed also taken in Wine, causeth a speedy delivery of Women in Childbirth, if one draught suffice not, let her drink the second and it is effectual : The Spaniards use to eat a piece of the Root thereof in a morning fasting many days together, to help them being troubled with the Stone in the Reins or Kidneys.

### Colts-foot.

Called also Cough-wort, Foals-foot, Horse-hoof, and Bulls-foot.

*Descript.*] This shooteth up a slender stalk with small yellowish Flowers somewhat early, which fall away quickly, and after they are past, come up somewhat round Leaves, sometimes dented a little about the edges, much lesser, thicker, and greener, than those of Butter-bur, with a little down or freeze over the green Leaf on the upper side which may be rubbed away, and whitish or mealy underneath. The Root is small and white, spreading much under ground, so that where it taketh, it will hardly be driven away again, if any little piece be abiding therein; and from thence spring fresh Leaves.

*Place.*] It groweth as well in wet grounds, as in drier places :

*Time.*] And flowreth in the end of *February*, the Leaves beginning to appear in *March*.

*Govern-*



*Government and Vertues.*] The Plant is under *Venus*, The fresh Leaves or juyce, or a Syrup thereof, is good for a hot dry Cough, or Wheezing and shortness of Breath. The dry Leaves are best for those that have thin Rheums and Distillations upon their Lungs, causing a Cough for which also the dried Leaves taken as Tobacco or the Root is very good. The distilled Water hereof simply, or with Elder Flowers and Nightshade, is a singular good Remedy against all hot Agues, to drink two ounces at a time, and apply cloths wet therein to the Head and Stomach; which also doth much good being applied to any hot Swellings or Inflammations; It helpeth *St. Antonies* fire and Burnings, and is singular good to take away Wheals, and small Pusshes that arise through heat: as also the burning heat of the Piles, or Privy parts, cloaths wet therein being thereunto applied.

*Cough, Wheezing, shortness of Breath, Agues, Inflammations, Swellings, St. Antonies-fire, Burnings, cholerick Pusshes, Piles, Inflammations in the Privities.*

### Comfry.

*Description.*] **T**HE common great Comfry, hath divers and very large and hairy green leaves lying on the ground, so hairy or prickly, that if they touch any tender parts of the hands, face or body, it will cause it to itch: the Stalk that riseth up from among them being two or three foot high, hollow and cornered, is very hairy also, having many such like leaves as grow below, but lesser and lesser up to the top. At the joynts of the Stalks, it is divided into many branches, with some Leaves thereon, and at the ends stand many flowers in order one above another, which are somewhat long and hollow like the finger of a Glove, of a pale whitish colour, after which come small black seed. The Roots are great and long, spreading great thick branches under ground, black on the outside, and whitish within short or easie to break and full of glutinous or clammy juice of little or no taste, at all.

There is another sort in all things like this, save only it is somewhat less, and beareth flowers of a pale purple colour.

*Place.*] They grow by Ditches and Water-sides, and in divers Fields that are moist, for therein they chiefly delight to grow. The first generally through all the Land, and the other but in some several places.

By the Leave of my Authors, I know the first grow often in dry places.

*Time.*] They flower in June and July, and give their seed in August.

*Government and Vertues.*] This is also an Herb of *Saturn*, and I suppose under the Sign *Capricorn*, cold, dry, and earthy in quality. What was spoken of *Clowns Woundwort*, may be said of this. The great Comfry helpeth those that spit Blood or make a bloody Urine: The Root boyled in Water and Wine, and the decoction drunk, helpeth all inward hurts, bruises and wounds, and Ulcers of the Lungs, causing the flegm that oppresseth them to be easily spit forth: It stayeth the fluxions of Rheum from the Head upon the Lungs, the fluxes of Blood or humors

*Spitting and pissing Blood, Inward Wounds and Bruises, Pitsick.*

*Bloody-Flux, Terms stops, Whites, Nerves cut, Muscles cut, sharp Humors, Wounds, Ruptures, broken Bones, Knotted Breasts, Hemorrhoids, Inflammation, Gout, pained Joynts, Gangreenes.*

humors by the belly, Womens immoderate Courses, as well the Reds as the VVhites; and the Running of the Reins hapning by what cause soever. ASyrup made thereof is very effectual for all those inward Grievs & Hurts, & the distilled VVater for the same purpose also, and for outward VVounds and Sores in the Fleshy or Sinewy part of the Body whatsoever; as also to take away the fits of Agues, and to allay the sharpness of Humors. A Decoction of the leaves hereof is available to all the purposes, though not so effectual as the Roots. The Roots being outwardly applied help fresh wounds or cut immediately, being bruised and laid thereunto; and is especially good for Ruptures and broken Bones: yea, it is said to be so powerful to consolidate and knit together; that if they be boyled with dislevered pieces of flesh in a pot it will joyn them together again. It is good to be applied to VVomens Breasts that grow sore by the abundance of Milk coming into them. As also to repress the overmuch bleeding of the Hemorrhoids, to cool the Inflammations of the parts thereabouts, and to give ease of pains. The Roots of Comfry taken fresh, beaten small, and spread upon Leather, and laid upon any place troubled with the Gout, doth presently give ease of the pains; and applied in the same manner, giveth ease to pained joynts, and profiteth very much for running and moist Ulcers, Gangrenes, Mortifications, and the like, for which it hath by often experience been found helpful.

### Coral-wort.

It is also called by some, Tooth-wort, Tooth Violet, Dog-teeth Violet, and I Dentaria.

[Description.] Of the many sorts of this Herb, two of them may be found growing in this Nation: The first of which shooteth forth one or two winged Leaves upon long brownish foot-stalks, which are doubled down at their first coming out of the ground: when they are fully opened they consist of seven Leaves, most commonly of a sad green colour, dented about the edges, set on both sides the middle Rib one against another as the Leaves of the Ash-tree: the stalk beareth no Leaves on the lower half of it, the upper half beareth sometimes three or four, each consisting of five Leaves, sometimes of three: on the top stand four or five flowers upon short foot-stalks, with long Husks: the flowers are very like the flowers of Stock Gillyflowers; of a pale purplish colour consisting of four Leaves a piece, after which come small Pods which contain the seed, the Root is very smooth, white and shining, it doth not grow downwards, but creeping along under the upper crust of the ground, and consisteth of divers small round knobs, set together: toward the top of the stalk there grow some single Leaves, by each of which cometh a small round cloven Bulb, which when it is ripe, if it be set in the ground, it will grow to be a Root.

As for all the other Coral-wort, which groweth in this Nation, 'tis more scarce

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arcy than this, being a very small Plant, not much unlike *Crowfoot*, there-  
re some think it to be one of the sorts of *Crowfoot*: I know not where to  
rect you to it, and therefore I shall forbear the Description.

*Place.*] The first groweth near *Mayfield* in *Sussex*, in a wood called *High-  
d*, and in another Wood, there also, called *Fox-holes*.

*Time.*] They flower from the latter end of *April* to the middle of *May*,  
d before the middle of *July* they are gone and not to be found.

*Government and Vertues.*] It is under the Dominion of the *Moon*. It clean-  
h the Bladder and provoketh Urine, expels

ravel and the Stone, it easeth pains in the Sides

d Bowels; it is excellent good for inward wounds

pecially such as are made in the Breasts or Lungs,

taking a dram of the Powder of the Root every

orning in Wine; the same is excellent good

Ruptures, as also to stop fluxes: an Oyntment

de of it, is excellent good for Wounds and Ulcers; for it soon dries up

ewatry Humor which hinder the Cure.

*Dysury, Gravel, Stone,  
Sides, Bowels, Wounds in  
the Breasts and Lungs,  
Rupture, Fluxes, Wounds  
and Ulcers.*

### *Costmary, or Alecost, or Balsom Herb.*

This is so frequently known to be an Inhabitant in almost every Garden,  
that I suppose it needless to write a Description thereof.

*Time.*] It flowereth in *June* and *July*.

*Government and Vertues.*] It is under the Dominion of *Jupiter*. The  
linary *Costmary* as well as *Maudlin*, provoketh

ine abundantly, and moistneth the hardness of

Mother; it gently purgeth Choler and Flegm,

enuating that which is gross, and cutting that

ich is tough and glutinous, cleanseth that

ich is foul, and hindreth putrefaction and cor-

tion, it dissolveth without Attraction, openeth

struptions and healeth their evil effects, and is

wonderful help to all sorts of Day Agues. It is

ringent to the Stomach, and strengtheneth the Liver, and all the other

ward parts, and taken in VVhey, worketh the more effectually. Taken

ing in the Morning, it is very profitable for the pains of the Head that

continual, and to stay, dry up and consume all thin Rheums or Distilla-

ns from the Head into the Stomach and helpeth much to digest raw hu-

rs that are gathered therein. It is very profitable for those that are fal-

into a continual evil disposition of the whole body, called *Cachexia*, being

*Dysury, Womb; Choler,  
Flegm, Putrefaction, Cor-  
ruption, Obstruptions,  
Quotidian Agues, Sto-  
mach, Liver, Head-ach,  
Rheum, Raw Humours,  
Cachexia, Worms, Ulcers.*

en especially in the beginning of the Disease: It is an especial friend and

p to evil, weak and cold Livers. The seed is familiarly given to Children

the VVorms, and so is the infusion of the Flower in VVhite VVine, gi-

them to the quantity of two ounces at a time; it maketh an excellent

ve to cleanse and heal old Ulcers, being boyled with Oyl Olive, and Ad-

s Tongue with it, and after it is strained, to put a little VVax, Rosin

l Turpentine, to bring it into a convenient Body.

Cud-

## Cudweed, or Cotton-weed.

**B**esides Cudweed and Cottonweed, is also called Chafweed, Dwarf-Cotton, and Petty Cotton.

**Description.]** The common Cudweed riseth up with one stalk sometimes, sometimes with two or three, thick set on all sides with small, long and narrow whitish or woody Leaves from the middle of the stalk almost up to the top; every Leaf, standeth a small Flower, of a dun or brownish yellow colour, not so yellow as others; in which Herbs after the Flowers are fallen, comes seed wrapped up with the down therein, and is carried away with the Wind. The Root is small and threddy.

There are other sorts hereof, which are somewhat lesser than the former, much different, save only that the stalks and leaves are shorter, so the flowers are paler and more open.

**Place.** They grow in dry, barren, sandy, and gravelly Grounds, in many places of this Land.

**Time.]** They flower about July; some earlier, some later, and the seed is ripe in August.

**Government and Vertues.]** Venus is Lady of it. The Plants are all astringent, or binding and drying, and therefore profitable for defluxions of Rheum from the Head, and to stay fluxes of blood wheresoever. The Decoction being made into red Wine and drunk, or the Powder taken therein; it also helpeth the blood Flux, and easeth the torments that come thereby.

It stayeth the immoderate Courses of Women, and is also good for inward and outward wounds, Hurts and Bruises, and helpeth Children both of Bursting and the Worms and the Disease called *Tenasmus*, which is an often provocation to the stool, and doing nothing; being either drunk or injected. The green leaves bruised and laid to any green wound, stayeth the bleeding, & healeth it up quickly: The Decoction or Juyce thereof doth the same and helpeth all old and filthy Ulcers quickly. The Juyce of the Herb taken in Wine and Milk is as *Pliny* saith a soveraign Remedy against the Mumps and Quinsie; and further saith, That whosoever shall so take it shall never be troubled with that Disease again.

## Cowslips, or Peagles.

**B**oth the Wild and Garden Cowslips are so well known, that I will neither trouble my self nor the Reader with any Description of them.

**Time.]** They flower in April and May.

**Government and Vertues.]** Venus lays claim to the Herb as her own, and it is under the Sign *Aries*, & our City Dames know well enough, the Oyntment of distilled Water of it adds Beauty, or at least restores it when it is lost.

The Flowers are held to be more effectual than the Leaves, and the Roots of little use. An Ointment being made with them, taketh away Spots, and Wrinkles of the Skin.

Bind, dry, Fluxes, Terms  
ill stopped, Ruptures,  
Worms, Tenasmus, Wounds  
Bleeding, Ulcers, Quinsie.



kin, Sun-burning and Freckles, & adds Beauty exceedingly: they remedy all Infirmities of the Head coming of Heat and Wind, as Vertigo, Epialtes, false Apparitions, Frenies, Falling-sickness, Palsies, Convulsions, Cramps, Pains in the Nerves. The Roots ease pains in the Back and Bladder, and open the passages of Urine: The Leaves are good in Wounds, and the Flowers take away trembling: If the Flowers be not well dried and kept in a warm place, they will soon putrifie and look green, have a special Eye over them: if you let them see the Sun once a month, it will do neither the Sun nor them harm.

Because they strengthen the Brain and Nerves, and remedy Palsies, the Greeks gave them the name *Paralysis*; The Flowers preserved or conserved, and the quantity of a Nutmeg eaten every Morning, is a sufficient Dose for inward Diseases; but for Wounds, Spots, Wrinkles and Sun-burning, an Ointment is made of the Leaves and Hogs-grease.

*Head, Heat, Wind, Beauty adds, Vertigo, Epialtes, Convulsions, Cramps, Back Bladder, Wounds, Trembling, Frenzie, Falling-sickness, Palsie.*

### Crabs-Claws.

Called also Water-Sengreen, Knights Pond-wort, Water-Housleek, Pond-weed, and Fresh-Water Soldier.

Description.] It hath sundry long narrow Leaves with sharp prickles on the edges of them, also very sharp pointed, the stalks which bear flowers seldome grow so high as the Leaves, bearing a forked head like Crabs Claws, out of which comes a white Flower, consisting of three Leaves with divers yellowish hairy threds in the middle: it taketh Root in the Mud in the bottom of the Water.

Place.] It groweth plentifully in the Fens in Lincolnshire.

Time.] It flowers in June, and usually, from thence till August.

Government and Vertues.] 'Tis a Plant under the Dominion of Venus, and therefore a great strengthener of the Reins; it is excellent good in that Inflammation which is commonly called St. Anthony's-fire; it asswageth all Inflammations and Swellings in Wounds, and an Ointment made of it is excellent good to heal them: there is scarce a better Remedy growing than this is, for such as have bruised their Kidneys, and upon that account pissing Blood: a dram of the Powder of the Herb taken every Morning is a very good Remedy to stop the Terms.

*Reins, St. Anthony's-fire, Inflammations and Swellings in Wounds, Kidneys bruised, Pissing Blood, Terms stops.*

### Black-Cresses.

Descript.] It hath long Leaves deeply cut and jagged on both sides, not much unlike wild Mustard; the Stalks be small, very limber, though very tough, you may twist them round, as you may a Willow before they break: The Stones be very small and yellow, after which come small Cods, which contain the Seed.

Place.] It is a common Herb, grows usually by the Way-sides, and sometime

times upon Mud-VValls, about London, but it delights most to grow among Stones and Rubbish.

*Time.*] It flowers in June, and July, and the seed is ripe in August and September.

*Government and Vertues.*] 'Tis under the Dominion of Mars, and is a Plant of a hot and biting Nature: the truth is, the Seed of Bank-Cresses, strengthens the Brain exceedingly, being in performing that office little inferior to Mustard-Seed, if at all; they are excellent good to stay those Rheums which may fall down from the Head upon the Lungs: You may beat the Seed into Powder if you please, and make it up into an Electuary with Honey; so you have an Excellent Remedy by you, not only for the premisses but also for the Cough, Yellow Jaundice and Sciatica. The Herb boyled into a Pultis is an excellent Remedy for Inflammations both in womens Breasts, and Mens Testicles.

### Sciatica-Cresses.

*Descript.*] **T**Hese are of two kinds: The first riseth up with a round Stalk, about two foot high, spread into divers Branches, whose lower Leaves are somewhat larger than the upper, yet all of them cut or torn on the edges, somewhat like Garden-Cresses, but smaller: The Flowers are small and white growing at the tops of the Branches, where afterwards grow Husks, with small brownish Seed therein, very strong and sharp in taste, more than the Cresses of the Garden: The Root is long, white and woody.

The other hath the lower Leaves whole, somewhat long and broad, not torn at all, but only somewhat deeply dented about the edges towards the ends, but those that grow up higher are lesser. The Flowers and Seed are like the former, and so is the Root likewise: and both Root and Seed as sharp as it.

*Place.*] These grow by the VVay-sides in untilled places, and by the sides of old VValls.

*Time.*] They flower in the end of June, and their seed is ripe in July.

*Government and Vertues.*] It is a Saturnine Plant. The Leaves, but especially the Root taken fresh in Summer-time, beaten and made into a Pultis or

*Sciatica, Gout, Head-ach, Rheums.*

Salve, with old Hogs-grease, and applied to the place pained with the Sciatica, to continue thereon four hours, if it be on a Man, and two hours on a Woman; the place afterwards bathed with Wine, &

Oyl mixed together, and then wrapped with Wool or Skins after they have sweat a little, will assuredly Cure not only the same Disease in Hips, Hucklebone, or other of the Joynts, as the Gout in the Hands or Feet, but all other old Grievs of the Head (as inveterate Rheums) and other parts of the Body that is hard to be cured: And if of the former Grievs any parts remain, the same Medicine after twenty days is to be applied again. The same is also effectual in the

the Diseases of the Spleen; and applied to the Skin, *Spleen, Scars, Leprosie,* it taketh away the blemishes thereof, whether *Scabs, Scurf.* they be Scars, Leprosie, Scabs or Scurf; which although it ulcerate the part, yet that is to be helped afterwards with a Salve made of Oyl and Wax. Esteem of this as another Secret.

### Water-Cresses.

**Description.]** Our ordinary Water-Cresses spread forth with many weak hollow sappy Stalks, shooting out Fibers at the Joynts, and upwards, long winged Leaves, made of sundry broad, sappy, almost round Leaves, of a brownish colour. The Flowers are many and white standing on long foot-stalks, after which comes small yellow Seed, contained in small long Pods like Horns. The whole Plant abideth green in the Winter, and tasteth somewhat hot and sharp. *Place.]* They grow (for the most part) in the small standing Waters, yet sometimes in small Rivulets of running Water.

*Time.]* They flower and seed in the beginning of Summer.

*Government and Vertues.]* It is an Herb under the Dominion of the Moon, They are more powerful against the Scurvy, and to cleanse the Blood and Humors, than Brooklime is, and serve in all the other uses in which Brooklime is available, as to break the Stone, and provoke Urine, and Womens Courfes. The Decoction thereof cleanseth Ulcers, by washing them therewith: The Leaves bruised, or the Juyce, is

*Scurvy, Blood, Humours, Stone, Dysury, Terms provokes, Ulcers, Freckles, Pimples, Spots, Dulness, Lethargy.*

good to be applied to the Face, or other parts troubled with Freckles, Pimples, Spotts, or the like, at night, and washed away in the morning. The Juyce mixed with Vinegar, and the fore-part of the Head bathed therewith is very good for those that are dull and drowsie, or have the Lethargy.

Water-Cress Pottage is a good Remedy to cleanse the Blood in the Spring, and help Head-aches, and consume the gross humors Winter hath left behind; those that would live in health may use it if they please; if they will not I cannot help it: If any fancy not Pottage, they may eat the Herb as a Sallet.

### Cross-wort.

**Descript.]** Common Cross-wort groweth up with square, hairy brown Stalks little above a foot high, having four small broad and pointed hairy, yet smooth green Leaves, growing at every joynt, each against other cross-ways, which hath caused the Name: Toward the tops of the Stalks at the Joynts with the Leaves in three or four rows outwards, stand small, pale, yellow Flowers; after which come small, blackish, round Seed, four for the most part set in every Husk. The Root is very small and full of fibres, or threads taking good hold of the ground, and spreading with the Branches a great deal of ground, which perish not in Winter, although the Leaves dye every year, and spring again anew.

*Place.]*

*Place.*] It groweth in many moist grounds, as well Meadows, as untilled places about London : in Hampstead Church-yard, at Wye in Kent and sundry other places.

*Time.*] It flowereth from May all the Summer long in one place or other, as they are more open to the Sun ; the seed ripeneth soon after.

*Government and Vertues.*] It is under the Dominion of Saturn. This is a singular good Wound-Herb, and is used inwardly, not only to stay bleeding of Wounds, but to consolidate them, as it doth outwardly any green Wounds, which it quickly sodereth up and healeth. The Decoction of the Herb in Wine, helpeth to expectorate Flegm out of the Chest, and is good

*Wounds inward and outward, Flegm, Obstructions, Stomach, Bowels Ruptures.*

for Obstructions in the Breast, Stomach or Bowels, and helpeth a decayed Appetite: It is also good to wash any VVound or Sore with, to cleanse and heal it : The Herb bruised, and then boyled and applied outwardly for certain days together, renewing it often, and in the mean time, the Decoction of the Herb in the VVine taken inwardly every day, doth certainly cure the Rupture in any ; so as it be not too inveterate ; but very speedily if it be fresh and lately taken.

### Crowfoot.

**M**Any are the Names this furious biting Herb hath obtained, almost enough to make up a VVellshmans Pedigree, if he fetch no further than *Fohn of Gaunt*, or *William the Conquerour*, for it is called *Frogs-foot*, from the Greek name *Batrakion*, Crow-foot, Gold Knobs, Gold Cups, King Knob, Bassiners, Trol-flower, Polts, Locker Goulions, and Butter-flowers.

Abundance are the sorts of this Herb, that to describe them all would tire the patience even of *Socrates*, himself ; but because I have not yet attained to the Spirit of *Socrates*, I shall but describe the most usual.

*Descript.*] The most common Crow-foot hath many dark green Leaves, cut into divers parts in tast biting and sharp, biting and blistering the Tongue, it bears many flowers, and those of a bright resplendent yellow colour, I do not remember that I ever saw any things yellower : Virgins in antient time used to make Powder of them to streu Bride-Beds : after which Flowers come small beads of Seeds round, but rugged like a Pine-Apple.

*Place.*] They grow very common every where, unless you turn your Head into a Hedge, you cannot but see them as you walk.

*Time.*] They flower in May and June even till September.

*Government and Vertues.*] This fiery and hot spirited Herb of Mars is no way fit to be given inwardly, but an Ointment of the Leaves or Flowers will draw a Blister, and may be so fitly applied to the Nape of the Neck to draw back Rheum from the Eyes: The Herb being bruised and mixed with a little Mustard, draws a Blister as well and as perfectly as *Cantharides*, and with far less danger to the Vessels of Urine, which *Cantharides* naturally delight to wrong ; I knew the Herb once applied to a Pestilential rising that was fallen down



down, and it saveth life even beyond hope; it were good keeping an Oyntment and Plaister of it, if it were but for that.

### Cuckow-pint.

IT is called *Aaron*, *Farm*, and *Barba-arón*, *Calves-foot*, *Ramp*, *Starck-wort*, *Cuckow-pintle*, *Priests-pintle*, and *Wake-Robin*.

**Descript.]** This shooteth forth three, four, or five Leaves at the most, from one Root, every one whereof is somewhat large and long, broad at the bottom, next the stalk, and forked, but ending in a point, without cut on the edges, of a full green colour, each standing upon a thick round stalk, of a handful breadth long, or more: among which, after two or three months that they begin to wither, riseth up a bare, round, whitish green stalk, spotted and straked with purple, somewhat higher than the Leaves: at the top whereof standeth a long hollow hose or husk, close at the bottom, but open from the middle upwards ending in a point; in the middle whereof standeth a small long Pestle or Clapper, smaller at the bottom than at the top, of a dark purple colour as the Husk is on the inside, though green without; which after it hath so abiden for some time, the Husk with the Clapper decayeth, and the foot or bottom thereof groweth to be a small long bunch of Berries, green at the first, and of a yellowish red colour when they are ripe, of the bigness of a Hazel Nut Kernel; which abideth thereon almost until Winter: The Root is round, and somewhat long, for the most part lying along, the Leaves shooting forth at the bigger end, which when it beareth, his Berries are somewhat wrinkled and loose, another growing under it, which is solid and firm, with many small threds hanging thereat: The whole Plant is of a very sharp biting taste, pricking the Tongue as Nettles do the Hands, and so abideth for a great while without alteration. The Root hereof was anciently used instead of Starch, to starch Linnen withall.

There is another sort of Cuckow-pint, with lesser Leaves than the former, and somewhat harder, having blackish spots upon them, which for the most part abide longer green in Summer than the former; and both Leaves and Roots are more sharp and fierce than it: In all things else it is like the former.

**Place.]** These two sorts grow frequently almost under every Hedge-side in many places of this Land.

**Time.]** They shoot forth Leaves in the Spring, and continue but until the middle of Summer, or somewhat later, their Husks appearing before they fall away: and their fruit shewing in April.

**Government and Vertues.]** It is under the Dominion of Mars. *Tragus* Reporteth, That a dram weight, or more if need be, of the spotted *Wake-Robin*, either fresh and green, or dried, being beaten and taken, is a most present and sure Remedy for Poyson and the Plague. The Juyce of the Herb taken to the quantity of a spoonful, hath the same effect. But if there be a little Vinegar added thereunto, as well as unto the Root aforesaid, it somewhat allayeth the sharp biting taste thereof upon the Tongue. The green Leaves bruised, and laid upon any Boil or Plague sore, doth wonderfully

Poyson, Plague, Boil, Difficulty of Breath, Cough.

help to draw forth the Poyson; A dram of the Powder of the dried Root taken with twice so much Sugar in the form of a licking Electuary, or the green Root doth wonderfully help those that are pursie and short-winded, as also those that have a Cough; it breaketh, digesteth, and riddeth away Flegm from the Stomach, Chest, and Lungs. The Milk wherein the Root hath been boyled, is effectual also for the same purpose. The said Powder taken in Wine or other Drink, or the Juyce of the Berries, or the Powder

*Flegm, Dysury, Terms provokes, After-birth, Ulcers, Itch, Ruptures, Polypus, Eyes, Throat, Faws, Gout, Piles or Hemorrhoids, Fundament, falling down, Scurf, Freckles, Spots, Blemishes.*

of them, or the Wine wherein they have been boyled; provoketh Urine, and bringeth down Womens Courfes, and purgeth them effectually after Child-bearing to bring away the After-birth. Taken with Sheeps-Milk, it healeth the inward Ulcers of the Bowels. The distilled Water hereof is effectual to all the purposes afore said: A spoonful taken at a time healeth the Itch; and an ounce or more taken at a time for some days together, doth help the Rupture: The Leaves

either, green or dry, or the Juyce of them, doth cleanse all manner of rotten and filthy Ulcers in what parts of the Body soever, and healeth the stinking Sores in the Nose called *Polypus*. The Water wherein the Root hath been boyled, dropped into the Eyes, cleanseth them from any Film or Skin, Clouds or Mists which begin to hinder the Sight, and helpeth the watering or redness of them; or when by some chance they become black and blew. The Root mixed with Bean-flower, and applied to the Throat or Jaws that are inflamed, helpeth them. The Juyce of the Berries boyled in Oyl of Roses, or beaten into Powder mixed with the Oyl, and dropped into the Ears, easeth Pains in them. The Berries, or the Roots beaten with hot Ox-Dung and applied, easeth the Pains of the Gout. The Leaves and Roots boyled in VVine with a little Oyl, and applied to the Piles, or the falling down of the Fundament, easeth them; and so doth sitting over the hot fumes thereof. The fresh Roots bruised, and distilled with a little Milk, yieldeth a most Sovereign Water to cleanse the Skin from Scurf, Freckles, Spots or Blemishes whatsoever therein.

Authors have left large commendation of this Herb you see, but for my part I have neither spoken with Dr. *Reason*, nor Dr. *Experience* about it.

*Cucumers, Or, (according to the Pronunciation of the Vulgar) Cowcumbers.*

*Government and Vertues.*

Here is no Dispute to be made, but that they are under the Dominion of the *Moon*, and though they are so much cried out against for their coldness; and if they were but one Degree colder, they would be Poyson. The best of Galenists hold them to be cold and moist in the second Degree, and then not so hot as either Lettuce or Purslain:

They

They are excellent good for hot Stomachs, and hot Livers; the unmeasurable use of them fills the Body full of raw humors; and so indeed the unmeasurable use of any thing else doth harm. The Juyce of Cucumers, the Face being washed with it, cleanseth the Skin, and is excellent good for hot Rheums in the Eyes: the Seed is excellent to provoke Urine, and cleanse the passages thereof when they are stopped; neither do I think there is a better Remedy for Ulcers in the Bladder growing, than Cucumers are: The usual course is to use the Seeds in Emulsions, as they make Almond Milk; but a better way far (in my opinion) is this, when the Season of the year is; To take the Cucumers and bruise them well, and distill the water from them, and let such as are troubled with Ulcers in the Bladder, drink no other drink. The Face being washed with the same Water, cureth the reddest Face that is; it is also excellent good for Sun-burning, Freckles, and Morpew.

*Stomach hot, Liver hot, Humors raw, Skin cleanseth, hot Rheums in the Eyes, provokes Urine, and cleanse the Passages, Ulcers in the Bladder, red Face, Sun-burning, Freckles, Morpew.*

### Daisies.

These are also so well known almost to every Child, that I suppose it altogether needless to write any Description of them. Take therefore the Vertues of them, as followeth.

*Government and Vertues.*] The Herb is under the Sign *Cancer*, and under the Dominion of *Venus*, and therefore excellent good for Wounds in the Breast, and very fitting to be kept both in Oyls, Oyntments, and Plaisters, as also in Syrup. The greater wild Daisie is a VVound-Herb of good respect, often used in those Drinks or Salves that are for VVounds, either inward or outward. The Juyce or distilled VVater of these, or the small Daisies, doth much temper the heat of Choler, and refresheth the Liver, and the other inward parts. A Decoction made of them and drunk, helpeth to Cure the Wounds, made in the hollownes of the Breast: The same also cureth all Ulcers and Pustules in the Mouth or Tongue, or in the secret Parts. The Leaves bruised and applied to the Cods, or to any other parts that are swollen and hot, doth dissolve it, and temper the heat. A Decoction made hereof with Wallwort and Agrimony, and the places fomented or bathed therewith warm, giveth great ease to them that are troubled with the Palsie, Sciatica, or the Gout: The same also disperseth and dissolveth the Knots or Kernels that grow in the Flesh of any part of the Body, and Bruises and Hurts that come of Falls and Blows: They are also used for Ruptures, and other inward Burnings, with very good success. An Oyntment made hereof doth wonderfully help all Wounds that have Inflammations about them, or by reason of moist humors having access unto them, are kept long from healing, and such are those for the most part that happen to the Joynts of the Arms or Legs. The Juyce of them dropped into the running Eyes of any, doth much help them.

*Wounds inward and outward, Choler, Liver, Breast, Ulcers, Swellings, Kernels, Bruises, Falls, Ruptures, Burnings, Inflammations.*

## Dandelyon, vulgarly called Piss-a-Beds.

**Descript.]** *It is so well known to have many long, and deep-gashed Leaves, lying on the ground round about the head of the Root; the ends of each gash or jag on both sides, locking downwards towards the Root; the middle Rib being white, which broken, yieldeth abundance of bitter Milk, but the Root much more: from among the Leaves, which always abide green, arise many slender weak, naked foot-stalks, every one of them bearing at the top one large yellow Flower, consisting of many rows of yellow Leaves, broad at the points, and nicked in, with a deep spot of yellow in the middle, which growing ripe, the green husk wherein the flower stood, turneth it self down to the stalk, and the head of Down becometh as round as a ball, with long reddish seed underneath, bearing a part of the Down on the head of every one, which together is blown away with the wind, or may be at once blown away with ones mouth. The Root growing downwards exceeding deep, which being broken off within the ground, will notwithstanding shoot forth again; and will hardly be destroyed where it hath once taken deep Root in the ground.*

**Place.** It groweth frequently in all Meadows, and Pasture grounds.

**Time.]** It flowreth in one place or other almost all the year long.

**Government and Vertues.]** It is under the Dominion of *Jupiter*. It is of an opening and cleansing quality, and therefore very effectual for the Obstructions of the Liver, Gall, and Spleen, and the Diseases that arise from them, as the Jaundice, and Hypochondriacal Passion: it wonderfully openeth the Passages of the Urine both in young and old: It powerfully cleanseth Aposthumes and inward Ulcers in the Uritory Passages, and by the drying and temperate quality doth afterwards heal them; for which purpose

the Decoction of the Roots or Leaves in White-wine, or the Leaves chopped as Pot-herbs with a few Alifanders and boyled in their Broth, is very effectual. And who so is drawing towards a Consumption, or an evil disposition of the whole Body, called *Cachexia*, by the use hereof for some time together, shall find a wonderful help. It helpeth also to procure Rest and Sleep to Bodies disordered by the heat of Ague Fits, or otherwise: The Distilled Water is effectual to drink in Pestilential Feavers, and to wash the Sores.

You see here what Vertues this commou Herb hath, and that's the Reason the French and Dutch so often eat them in the Spring: and now if you look a little farther, you may see plainly without a pair of Spectacles, that Foreign Physitians are not so selfish as ours are, but more communicative of the Vertues of Plants to People.

## Darnel.

**I**T is called *Furzy* and *Wray*; in *Suss.x* they call it *Crep*, it being a Pestilent Enemy amongst Corn.

**Descript.]**



Description.] *This hath all the Winter long, sundry, long, fat, and rough Leaves, which when the Stalk riseth, which is slender and joynted, are narrower, but rough still; on the top groweth a long spike, composed of many heads set one above another, containing two or three husks with sharp, but short Beards or Awns at the end; the Seed is easily shaken out of the Ear, the husk it self being somewhat rough.*

Place.] The Country Husbandmen do know this too well to grow among their Corn; or in the Borders and Path-ways of other Fields that are Fallow.

Government and Vertues.] It is a malicious Plant of fullen Saturn. As it is not without some Vices, so hath it also many

Vertues. The Meal of *Darnel* is very good to stay Gangrenes, and other such like fretting and eating Cankers, and putrid Sores: It also cleanseth the Skin of all Leprosies, Morphews, Ring-worms, and the like, if it be used with Salt and Raddish-roots.

Gangrenes, Cankers, Leprosie, Morphew, Ring-worms, Sciatica, Thorns, Splinters, broken Bones, Diabetes.

And being used with quick Brimstone, and Vinegar, it dissolveth Knots and Kernels, and breaketh those that are hard to be dissolved, being boyled in Wine with Pidgeons-dung and Linseed: A Decoction thereof made with Water and Honey, and the place bathed therewith is profitable for the Sciatica. *Darnel*-Meal applied in a Pultis, draweth forth Splinters and broken Bones in the Flesh: The red *Darnel* boyled in red Wine and taken, stayeth the Lask and all other Fluxes, and Womens bloody Issues; and restraineth Urine that passeth away too suddenly.

### Dill.

Description.] **T**HE common Dill groweth up with seldom more than one Stalk, neither so high nor so great usually as Fennel, being round, and fewer joynts thereon, whose Leaves are sadder, and somewhat long, and so like Fennel, that it deceiveth many, but harder in handling, and somewhat thicker, and of a stronger unpleasant scent: the tops of the Stalks have four branches, and smaller umbles of yellow flowers, which turn into small seed, somewhat flatter and thinner than Fennel-seed. The Root is somewhat small and woody, perishing every year after it hath born seed; and is also unprofitable, being never put to any use.

Place.] It is most usually sown in Gardens and Grounds for the purpose, and is also found wild in many places.

Government and Vertues.] Mercury hath the Dominion of the Plant, and therefore to be sure it strengthens the Brain. The Dill being boyled and drunk, is good to ease Swellings and Pains; it also stayeth the Belly and Stomach from casting: The Decoction thereof helpeth Women that are troubled with the pains and windiness of the Mother, if they sit therein. It stayeth the Hiccough, being boyled in Wine, and but smelled unto, being tied to a Cloth. The Seed is of more use than the Leaves, and more effectual to digest raw and viscous humors, and is used in

Swellings, Pains, Loosness, Vomiting, Mother, Hiccough, raw Humors.

*Wind, Aposthumes, Ulcers, Medicines that serve to expel Wind, and the Pains proceeding there-from. The Seed being toasted or fryed, and used in Oyls or Plaisters, dissolveth*

the Imposthumes in the Fundament, and dryeth up all moist Ulcers, especially in the Fundament, and Oyl made of Dill is effectual to warm, or resolve Humors and Imposthumes, to ease Pains, and to procure rest. The Decoction of Dill, be it Herb or Seed (only if you boyl the Seed, you must bruise it) in White-wine, being drunk, is a gallant expeller of Wind, and provoker of the Terms.

### Devils-bit.

**Descript.]** *This riseth up with a round, green, smooth Stalk, about two foot high, set with divers long, and somewhat narrow, smooth, dark, green Leaves, somewhat snip'd about the edges, for the most part, being else all whole, and not divided at all, or but very seldom, even to the tops of the Branches, which yet are smaller than those below, with one Rib only in the middle: At the end of each branch standeth a round Head of many Flowers set together in the same manner, or more neatly than the Scabious, and of a more blewish Purple colour; which being past, there followeth Seed that falleth away. The Root is somewhat thick, but short and blackish, with many strings,*

*A Learned Tale that abiding after Seed-time many years. This Root was cost a dull Fryer seven longer, until the Devil (as the Fryers say) bit away the rest of it for spight, envying its usefulness unto Mankind: For sure he was not troubled with any*

*Disease for which it is proper.*

There are two other sorts hereof in nothing unlike the former, save that the one beareth white, and the other bluish-coloured Flowers.

**Place.]** The first groweth as well in dry Meadows and Fields, and moist, in many places of this Land: But the other two are more rare, and hard to meet with, yet they are both found growing wild about Appledore near Rye in Kent.

**Time.]** They flower not usually until August.

**Government and Vertues.]** The Plant is Venereal, pleasing and harmless.

*The Herb or Root (all that the Devil hath left of it) being boyled in Wine, and drunk, is very powerful against the Plague, and all Pestilential Diseases or Feavers, Poysons also, and the bitings of Venomous Beasts: It also helpeth those that are inwardly bruised by any casualty, or outwardly by falls or blows dissolving the clotted Blood, and the Herb or Root beaten and outwardly applied, taketh away the black and blew Marks that remain in the Skin. The Decoction of the Herb, with Honey of Roses put therein, is very effectual to help the inveterate Tumors and Swellings of the Almonds and Throat by often gargling the Mouth therewith. It helpeth*

*Pestilence, Feavers, Poyson, Venomous Beasts, Bruises, Falls, Clotted Blood, Swellings of the Throat, Murther, Wind, Worms, Wounds, Scurf, Itch.*

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eth also to procure VVomens Courses, and easeth all pains of the Mother, and to break and discusse Winds therein, and in the Bowels. The Powder of the Root taken in drink, driveth forth the VVorms in the Body. The Juyce or distilled VVater of the Herb is effectual for green Wounds. or old Sores, and cleanseth the Body inwardly, and the Seed outwardly, from Sores, Scurf, Itches, Pimples, Freckles, Morpew, or other Deformities thereof, but especially if a little Vitriol be dissolved therein.

*Dandriff, Pimples, Freckles.*

### Dock.

**M**Any kinds of these are so well known, that I shall not trouble you with a Description of them: my Book grows big too fast.

*Government and Vertues.*] All Docks are under *Jupiter*; of which the Red Dock, which is commonly called Blood-wort, cleanseth the Blood, and strengthens the Liver: but the yellow Dock-root is best to be taken when either the Blood or Liver is afflicted by Choler.

*Cleanse the Blood, strengthens the Liver.*

All of them have a kind of cooling (but not all alike) drying quality, the Sorrels being most cold, and the Blood-worts most drying. Of the Burdock I have spoken already by himself. The Seed of most of the other kinds, whether of the Garden or Field, do stay Lasks and Fluxes of all sorts, the loathing of the Stomach through Choler, and is helpful to those that spit Blood. The Roots boyled in Vinegar, helpeth the Itch, Scabs and breaking out of the Skin, if it be bathed therewith. The distilled VVater of the Herb and Roots hath the same Vertue, and cleanseth the Skin of Freckles, Morpew, and all other spots and discolourings therein.

*Flux, Loathing of Meat, Spitting Blood, Scabs, Itch, Freckles, Morpew.*

All Docks being boyled with Meat, make it boyl the sooner. Besides, Blood-wort is exceeding strengthening to the Liver, and procures good Blood, being as wholesome a Pot-herb as any grows in a Garden: yet such is the nicety of our times (forsooth) that VVomen will not put it in the Pot, because it makes the Pottage black; Pride and Ignorance (a couple of Monsters in the Creation) preferring Nicety before Health.

### Dodder of time, Epithymum and other Didders.

*Description.*] **T**His first from Seeds giveth Roots in the Ground which shoot forth threads or strings, grosser or finer as the property of the Plant wherein it groweth, and the Climate doth suffer, creeping and spreading on that Plant whereon it fastneth, be it high or low. The strings have no Leaves at all upon them, but wind and interlace themselves so thick upon a small Plant, that it taketh away all comfort of the Sun from it, and is ready to choke or strangle it. After these strings are risen up to that height, that they may draw nourishment from the Plant, they seem to be broken off from the ground either by the strength of their rising, or withered by the heat of the Sun. Upon these strings are found Clusters of small Heads or Hooks, out of which forth

forth whitish Flowers, which afterwards give small pale-colour'd Seed, somewhat flat, and twice as big as Poppy-seed. It generally participates of the nature of the Plant which it climbeth upon : but the Dodder of time is accounted the best, and is the only true Epithymum.

Government and Vertues.] All Dodders are under Saturn. Tell not me of Physitians crying up Epithymum, or that Dodder which grows upon Time, (most of which comes from *Hemetum* in Greece, or *Hybla* in Sicilia, because those Mountains abound with Time) he is a Physitian indeed that hath wit enough to chuse his Dodder according to the nature of the Disease and Humor peccant. We confess, Time is the hottest Herb, it usually grows upon ; and therefore that which grows upon Time, is hotter than that which grows upon colder Herbs, for it draws nourishment from what it grows upon, as well as from the Earth where its Root is ; and thus you see old Saturn

Melancholy, adust Choler, Trembling, Fainting, Swooning, Spleen, Hypochondria, Obstructions, Gall, Jaundice, Liver, Dysury,

wife enough to have two strings to his Bow. This is accounted the most effectual for Melancholick Diseases, and to purge black or burnt Choler, which is the cause of many Diseases of the Head and Brain, as also for the trembling of the Heart, Faintings and Swoonings. It is helpful in all diseases and griefs of the Spleen, and that of Melancholy, that ariseth from the windiness of the Hypochondria. It purgeth also the Reins or Kidneys by Urine. It openeth obstructions of the Gall, whereby it profiteth them that have the Jaundice ; as also the Liver and Spleen : purging the Veins of cholerick and flegmatick Humors, and helpeth Childrens Agues, a little Worm-seed being put thereto.

The other Dodders do (as I said before) participate of the Nature of those Plants whereon they grow : As that which hath been found growing upon Nettles in the West-Country, hath by experience been found very effectual to procure plenty of Urine where it hath been stopped or hindred. And so of the rest.

Sympathy and Antipathy are the two hinges upon which the whole Model of Physick turns, and that Physitian which minds them not, is like a Door off from the Hooks, more likely to do a Man a mischief than to secure him. Then all the Diseases Saturn causeth, this helps by Sympathy, and strengthens all the parts of the Body he rules ; such as be caused by Sol, it helps by Antipathy. What those Diseases are, see my Judgment of Diseases by Astrology ; and if you be pleased to look the Herb Wormwood, you shall find a Rational way for it.

### Dogs-Grass, Quich-Grass, or Couch-Grass.

Description.] *It is well known, that this Grass creepeth far about under ground with long white joynted Roots, and small fibres almost at every Joynt, very sweet in taste, as the rest of the Herb is, and interlacing one another, from whence shoot forth many fair grassy Leaves, small at the ends, and*  
cutting



cutting or sharp on the edges. The stalks are joyned like Corn with the like Leaves on them, and a long spiked-head with a long husk on them, and hard rough seed in them: If you know it not by this Description, watch the Dogs when they are sick, and they will quickly lead you to it.

*Place.*] It groweth commonly through this Land in divers ploughed Grounds, to the no small trouble of the Husband-man, as also of the Gardiners in Gardens to weed it out if they can: for it is a constant Customer to the place it gets footing in.

*Government and Vertues.*] 'Tis a gentle Remedy under the Dominion of Jupiter. This is most medicinable of all the Quich-grasses: Being boyled and drunk, it openeth Obstructions of the Liver, and Gall, and the stopping of the Urine, and easeth the griping pains of the Belly, and Inflammations, wa-  
*Liver, Gall, Dysury, Gri-  
ping, Inflammation, Ul-  
cers in the Bladder,  
Wounds, Vomiting, Worms,  
Stopping.*  
 steth the matter of the Stone in the Bladder, and the Ulcers thereof also. The Roots bruised and applied to consolidate Wounds. The Seed doth more powerfully expel Urine, and stayeth the Lask and Vomiting. The distilled Water alone, or with a little Worm-feed, killeth the Worms in Children.

The way of use is to bruise the Roots, and having well boyled them in White-wine, drink the Decoction; 'tis opening, but not purging, very safe: 'tis a Remedy against all Diseases coming of stopping, and such are half those that are incident to the Body of Man; and although a Gardiner be of another Opinion, yet a Physitian holds half an Acre of them to be worth five Acres of Carrots twice told over.

Doves-foot, or Cranes-bill.

32

*Descript.*] **T**His hath divers small, round, pale, green Leaves, cut in about the edges much like Mallows, standing upon long, reddish, hairy stalks lying in a round compass upon the ground; among which rise up two or three or more reddish joyned, slender, weak, hairy stalks, with such like Leaves thereon, but smaller, and more cut in up to the tops, where grow many very small bright red Flowers of five Leaves a piece: after which follow small heads, with small short beaks pointed forth, as all other sorts of these Herbs do.

*Place.*] It groweth in Pasture Grounds, and by the Path-sides in many places, and will also be in Gardens.

*Time.*] It flowreth in June, July, and August, some earlier, and some later, and the Seed is ripe quickly after.

*Government and Vertues.*] It is a very gentle, though Martial Plant. It is found by Experience to be singular good for the Wind-Colick, and pains thereof; as also to expel  
*Colick, Stone, Gravel,  
Wounds.*  
 the Stone and Gravel in the Kidneys. The Decoction thereof in Wine, is an excellent good Wound-

drink for those that have inward Wounds, Hurts, or Bruises, both to stay the Bleeding,

*Congealed Blood, Sores, Ulcers, Fistulaes, Gout, Sinews, Ruptures.*

Bleeding, to dissolve and expel the congealed Blood, and to heal the parts, as also to cleanse and heal outward Sores, Ulcers and Fistulaes; and for green Wounds, many do but bruise the Herb, and app'y it to the place, and it healeth them quickly. The same Decoction in VVine fomented to any place pained with the Gout, or to Joynt-aches, or pain of the Sinews, giveth much ease. The Powder, or Decoction of the Herb taken for some time together, is found by experience to be singular good for Ruptures and Burstings in people, either young or old.

### Ducks-meat.

**T**His is so well known to swim on the top of standing Waters, as Ponds, Pools, and Ditches, that it is needless further to describe it.

*Government and Vertues.] Cancer claims the Herb, and the Moon will be*

*Inflammation, St. Anthony's fire, Pestilence, Eyes, Swellings of the Cods, Head-ach.*

*Lady of it; a Word is enough to a Wise man. It is effectual to help Inflammations, and St. Anthony's fire, as also the Gout, either applied by it self, or in a Pultis with Barley-Meal. The Distilled Water hereof is by some highly esteemed against all inward Inflammations, and pestilent Feavers; as also*

*to help the redness of the Eyes, and Swellings of the Cods, and of the Breast before they be grown too much. The fresh Herb applied to the Forehead, easeth the pains of the Head-ach coming of heat.*

### Down or Cotton-Thistle.

*Description.] This hath many large Leaves lying on the ground somewhat cut in, and as it were, crumpled on the edges, of a green colour on the upper side, but covered with long hairy Wool or Cottony Down, set with most sharp and cruel pricks, from the middle of whose Heads of Flowers, thrust forth many purplish, crimson thrids, and sometimes (although more seldom) white ones. The Seed that followeth in the Heads, lying in a great deal of white Down, is somewhat large, long and round, like the Seed of Ladies-Thistle, but somewhat paler. The Root is great and thick, spreading much, yet it usually dieth after Seed-time.*

*Place.] It groweth on divers Ditches, Banks, and in Corn-Fields, and High-ways generally every where throughout the Land.*

*Time.] It flowreth and beareth Seed about the end of Summer, when other Thistles do flower and seed.*

*Government and Vertues.] Mars owns the Plant, and manifests to the World, that though it may hurt your fingers, it will help your Body, for I fancy it much for these ensuing Vertues. Pliny and Dioscorides write, That the Leaves and Roots hereof taken in Drink, help those that have a Crick in their Neck, whereby they cannot turn their Neck, but their whole Body must turn also,*

*Wry Neck.*

*(sure they do not mean those that have got a Crick in their Neck by being under the Hangmans hand) Galen saith, that the Root and Leaves hereof are*

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are of a heating quality, and good for such persons  
as have their Bodies drawn together by some *Spasm*  
or Convulsion, as it is with Children that have  
the Rickets, or rather (as the Colledge of Physi-  
tians will have it) the *Rachites*, for which name for the Disease, they have,  
(in a particular Treatise lately set forth by them) Learnedly disputed, and  
put forth to publick View, that the World may see they have took much  
pains to little purpose.

*Spasmus, Convulsion,  
Rickets.*

### Dragons.

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They are so well known to every one that Plants them in their Gardens,<sup>39</sup>  
they need no Description; if not, let them look down to the lower  
end of the Stalks, and see how like a Snake they look.

*Government and Vertues.*] The Plant is under the Dominion of *Mars*, and  
therefore it would be a wonder if it should want some obnoxious quality or  
other; in all Herbs of that quality, the safest way is either to distill the Herb  
in an Alembick, in what Vehicle you please, or else to press out the Juyce,  
and Distill that in a Glass Still in Sand. It scoureth  
and cleanseth the internal parts of the Body migh-  
tily, and so it doth the external parts also, being  
externally applied, from Freckles, Morpew, and  
Sun-burning: your best way to use it externally,  
is to mix it with Vinegar: an Cyntment of it is  
held to be good in Wounds and Ulcers, it con-  
sumes Cankers, and that Flesh growing in the  
Nostrils, which they call *Polypus*. Also the distil-  
led Water being dropped into the Eyes, takes away Spots there, as also Pin  
and Web, and mends the dimness of Sight, it is excellent good against the  
Pestilence and Poyson. *Pliny* and *Dioscorides* affirm, That no Serpent will  
meddle with him that carries this Herb about him.

*Scoureth, Cleanseth, Freckles, Morpew, Sun-burning, Wounds, Ulcers, Cankers, Polypus, Spots in the Eyes, Pin and Web, Sight helpeth, Pestilence, Poyson, Venomous Beasts.*

### The Elder-Tree.

I Hold it needless to write any Description of this, sith every Boy that plays  
with a Pot-gun, will not mistake another Tree instead of Elder. I shall  
therefore in this place only describe the Dwarf-Elder, called also Dane-  
wort, and Wall-wort.

### The Dwarf-Elder.

Description.] *This is but an Herb, every year dying with his stalks to the ground, and rising afresh every spring, and is like unto the Elder both in form and quality, rising up with a four square rough hairy stalk, four foot high or more sometimes. The winged Leaves are somewhat narrower than the Elder, but else very like them. The Flowers are white with a dash of purple, standing in umbles, very like the Elder also, but more sweet in scent, after which come small blackish Berries, full of juyce while they are fresh, where- in there lies small hard Kernels or Seed. The Root doth creep under the upper crust*

crust of the ground, springing afresh in divers places, being of the bigness of one finger or thumb sometimes.

*Place.]* The Elder-Tree groweth in Hedges, being planted there to strengthen the Fences, and Partitions of Grounds, and to hold up the Banks by Ditches, and Water-Courses.

The Dwarf-Elder groweth wild in many places of *England*, where being once gotten into a ground, it is not easily gotten forth again.

*Time.]* Most of Elder-Trees flower in *June*, and their fruit is ripe for the most part in *August*.

But the Dwarf-Elder, or Wall-wort, flowereth somewhat later, and his fruit is not ripe until *September*.

*Government and Vertues.]* Both Elder and Dwarf-Elder are under the Dominion of *Venus*. The first shoots of the common Elder boyled like Asparagus, and the young Leaves and Stalks boyled in fat Broth doth mightily carry forth Flegm and Choler. The middle or inward Bark boyled in Water, and given to drink, worketh much more violent; and the Berries either green or dry expel the same humors, and is often given with good success to help the Dropsie; The Bark of the Root boyled in Wine, or the Juyce thereof drunk, worketh the same effects, but more powerfully

than either the Leaves or Fruit. The Juyce of the Root taken, doth mightily provoke Vomit, and purgeth the watry humors of the Dropsie. The Decoction of the Root taken, cureth the biting of the Adder, and biting of Mad Dogs; it mollifieth the hardness of the Mother, if Women sit thereon, and openeth their Veins, and bringeth down their Courses: The Berries boyled in Wine perform the same effect; and the Hair of the Head washed therewith is made black. The Juyce of the green Leaves applied to the hot Inflammations of the Eyes asswageth them. The Juyce of the Leaves snuffed up into the Nostrils, purgeth the Tunicles of the Brain. The Juyce of the Berries boyled with a little Honey and dropped into the Ears, helpeth the pains of them. The Decoction of the Berries in Wine being drunk, provoketh Urine. The distilled Water of the Flowers is of much use to clear the Skin from Sun-burning, Freckles, Morpew or the like; and taketh away Head-aches coming of a cold cause, the Head being bathed therewith. The Leaves or Flowers distilled in the Month of *May*, and the Legs often washed with the said distilled Water, it taketh away the Ulcers and Sores of them: The Eyes washed therewith, it taketh away the redness and Blood-shot. And the Hands washed morning and evening therewith, helpeth the Palsie, and shaking of them.

The Dwarf-Elder is more powerful than the common Elder, in opening and purging Choler, Flegm, and Water, in helping the Gout, Piles, and Womens diseases, colour-eth the Hair black, helpeth the Inflammations in the Eyes, and pains in the Ears, the biting of Serpents,

Gout, Inflammation, Burning, Scalding, Colick, Stone, Dysury,

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pents, or a Mad Dog, Burnings and Scaldings, the Wind-Colick, Colick and Stone, the difficulty of Urine, the cure of old Sores, and Fistulous Ulcers.

Either Leaves or Bark of Elder stripped upwards as you gather it, causeth Vomiting; but stripped downwards, it purgeth downwards. Also Dr. *Bur-*ler in a Manuscript of his, commends Dwarf-Elder to the Sky for Dropsies, viz. To drink it, being boyled in White-Wine, to drink the Decoction I mean, not the Elder.

### The Elm-Tree.

**T**His Tree is so well known, growing generally in all Countries of this Land, that it is needless to describe it.

*Government and Vertues.*] It is a cold and Saturnine Plant. The Leaves hereof bruised and applied, healeth green Wounds being bound thereon with its own Bark. The Leaves or the Bark used with Vinegar, cureth Scurf and Leprosie very effectually: The Decoction of the Leaves, Bark or Root, being bathed, heals broken bones. The Water that is found in their Bladders on the Leaves, while it is fresh, it is very effectual to cleanse the Skin and make it fair; and if Cloaths be often wet therein, and applied to the Ruptures of Children, it helpeth them, if they be after well bound up with a Truss. The said Water put into a Glass, and set into the Ground, or else in Dung for twenty five days, the mouth thereof being close stopped, and the bottom set upon a lay of ordinary Salt, that the Feces may settle, and Water become very clear, is a singular and soveraign Balm for green Wounds, being used with soft Tents; The Decoction of the Bark of the Root fomented, mollifieth hard Tumors, and the shrinking of the Sinews. The Roots of the Elm boiled for a long time in Water, and the fat rising on the top thereof being clean scummed off, and the place anointed therewith that is grown Bald, and the Hair fallen away, will quickly restore them again. The said Bark ground with Brine and Pickle, until it come to the form of a Pultis, and laid on the place pained with the Gout, giveth great ease. The Decoction of the Bark in Water, is excellent to bathe such places as have been burned with fire.

### Endive.

**Description.]** **C**ommon Garden Endive beareth a longer and larger Leaf than Succory, and abideth but one year, quickly running up to Stalk and Seed, and then perisheth: It hath blew Flowers, and the Seed of the ordinary Endive is so like Succory Seed, that it is hard to distinguish them.

*Government and Vertues.*] It is a fine cooling, cleansing, Jovial Plant. The Decoction of the Leaves, or the Juyce, or the distilled Waters of Endive serveth

*Liver, Stomach, Agues, Sharpness of Urine, and Excoriations thereby, Passions of the Heart, Ulcers, Swellings, Eyes, Gout.*

serveth well to cool the excessive heat in the Liver and Stomach, and in the hot fits of Agues, and all other Inflammation in any part of the Body, it cooleth the heat and sharpness of the Urine, the Excoriations in the Urinary parts. The Seed is of the same property, or rather more powerful; and besides, is available for the Fainting, Swoonings, and passions of the Heart. Outwardly applied, they serve to temper the sharp humors of fretting Ulcers, hot Tumors and Swellings, and Pestilential Sores; and wonderfully help not only the redness and Inflammations in the Eyes, but the dimness of the sight also: They are also used to allay the pains of the Gout.

You cannot use it amiss; a Syrup of it is a fine cooling Medicine for Feavers. See the end of this Book, and the *English Dispensatory*.

### Elicampane.

**Description.]** *It shooteth forth many large Leaves long and broad, lying near the ground, small at both ends, somewhat soft in handling, of a whitish green on the upper side, and gray underneath, each set upon a short foot-stalk; from among which rise up divers great, and strong hairy Stalks three or four foot high, with some Leaves thereupon compassing them about at the lower ends, and are branched toward the tops, bearing divers great and large Flowers, like those of the Corn-Marigold, both the border of Leaves and the middle thrum being yellow, which turn into Down with long, small, brownish Seed among it, and is carried away with the wind. The Root is great and thick, branched forth divers ways, blackish on the out-side, and white within, of a very bitter taste, and strong, but good scent, especially when they are dried, no part else of the Plant having any smell.*

**Place.]** It groweth in the moist Grounds and shadowy places, oftner than in the dry and open borders of Fields and Lanes, and in other waste places, almost in every Country of this Land.

**Time.]** It flowreth in the end of June and July, and the seed is ripe in August. The Roots are gathered for use, as well in the Spring before the Leaves come forth, as in Autumn or Winter.

**Government and Vertues.]** It is a Plant under the Dominion of Mercury. The fresh Roots of Elicampane preserved with Sugar, or made into a Syrup or Conserve, are very effectual to warm a cold and windy Stomach, or the pricking therein, and Stitches in the Sides caused by the Spleen; and to help the Cough, shortness of Breath, and wheezing in the Lungs. The dried Root made into Powder, and mixed with Sugar and taken, serveth

to the same purpose, and is also profitable for those that have their Urine stopped, or the stopping of Womens Courses, the pains of the Mother, and of the Stone in the Reins, Kidneys, or Bladder: It resisteth Poyson, and stayeth the spreading of the Venom of Serpents, as also of putrid and Pestilential

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these ways, it also helpeth a weak Brain or Memory. This tunned up with strong Beer that it may work together, and drunk. Or the Powder of the dried Herb mixed with Sugar, a little Mace, and Fennel-seeds, and drunk or eaten in Broth. Or the said Powder made into an Electuary made with Sugar and taken, hath the same powerful effect to help and restore the sight decayed through age; and *Arnoldus de villa nova* saith, It hath restored sight to them that have been blind a long time before.

Fern.

Description.] **O**F this there are two kinds principally to be treated of, viz. The Male and Female. The Female groweth higher than the Male, but the Leaves thereof are lesser, and more divided; or dented, and of as strong a smell as the Male, the Vertues of them are both alike, and therefore I shall not trouble you with any Description or distinction of them.

Place.] They grow both on Heaths, and in shady places near the Hedge-sides in all Countries of this Land.

Time.] They flower and give their seed at Midsummer.

The Female Fern is that Plant which is in *Sussex* called *Brakes*, the Seed of which some Authors hold to be so rare; such a thing there is I know, and may be easily had upon Midsummer-Eve, and for ought I know, two or three days before or after it, if not more.

Government and Vertues.] It is under the Dominion of *Mercury*, both the Male & the Female. The Roots of both these sorts of Ferns, being bruised and boiled in Mead, or Honyed Water and drunk, kill both the broad and long Worms in the Body, Worms, Spleen, Choler, and abateth the swelling and hardness of the Spleen, the green Leaves eaten, purge the Belly, Flegm, Stomach, Wound, and cholerick and watrish humors, but it troubles the stomach. They are dangerous for Women with Child to meddle with, by reason they cause Abortment. The Roots bruised and boiled in Oyl, or Hogs-grease, make a very profitable Ointment to heal Ulcers, dryeth up their Malignant moisture, and causeth their speedier healing. Fern being burned, the smoke thereof driveth away Serpents, Gnats, and other noisom Creatures, which in Fenny Countrys do in the night-time trouble and molest people lying in their Beds with their faces uncovered: it causeth Barrenness. Venomous Beasts.

Osmond Royal, or Water-Fern.

Description.] **T**His shooteth forth in the Spring-time (for in the Winter the Leaves perish) divers rough hard Stalks; half round and hollowish, or flat on the other side, two foot high, having divers branches of winged yellowish green Leaves on all sides, set one against another, longer, narrower, and not nicked on the edges as the former. From the top of some of these Stalks grow forth a long bush of small, and more yellowish green, scaly, Aglets, as it were set in the same manner on the Stalks as the Leaves are, which are accounted the Flowers and Seeds. The Root is rough, thick, and scabby,

with a white Pith in the middle, which is called the Heart thereof.

Place.] It groweth on Moors, Bogs, and watry places in many parts of this Land.

Time.] It is green all the Summer, and the Root only abideth in Winter.

Government and Vertues.] Saturn owns the Plant. This hath all the Vertues mentioned in the former Ferns, and is much more effectual than they,

both for inward and outward Grievs, and is accounted singular good in Wounds, Bruises, or the like. Wounds, Bruises, broken Bones, Colick, Spleen, Ruptures. The Decoction to be drunk or boiled into an Oyntment, or Oyl, as a Balsom or Balm, and so it is singular good against Bruises, and Bones

broken or out of Joynt, and giveth much ease to the Colick, and Splenetick Diseases; as also for Ruptures or Burstings. The Decoction of the Root in White-wine, provokes Urine exceedingly, and cleanseth the Bladder and Passages of Urine.

### Featherfew.

36 Descript.] **C**ommon Featherfew hath many large, fresh, green Leaves, very much torn or cut on the edges. The Stalks are hard and round, set with many such like Leaves, but somewhat smaller, and at the tops stand many single Flowers upon small Foot-stalks, consisting of many small white Leaves, standing round about a yellow thrumb in the middle. The Root is somewhat hard and short, with many strong fibres about it. The scent of the whole Plant is very strong, and stuffing, and the taste is very bitter.

Place.] This grows wild in some places of this Land, but it is for the most part nourished in Gardens.

Time.] It flowreth in the Months of June and July.

Government and Vertues.] Venus commends the Herb, and hath commended it to succour her Sisters (Women) and to be a general strengthner of their Wombs, and remedy such Infirmities as a careless Midwife hath there caused, if they will but be pleased to make use of her Herb boiled in White-wine, and drink the Decoction, it cleanseth the Womb, expelleth the After-birth, doth the Woman all the good she can desire of an Herb. And if any grumble because they cannot get the Herb in Winter, tell them, if they please, they may make a Syrup of it in Summer. It is chiefly used for the Diseases of the

Mother, whether it be the strangling or rising of the Mother, or hardness, or Inflammations of the same, applied outwardly thereunto. Or a Decoction of the Flowers in Wine, with a little Nutmeg or Mace put therein, and drunk often in a day, is an approved Remedy to bring down Womens Courses speedily, and helpeth to expel the Dead-birth and After-birth. For a Woman to sit over the hot fumes of the Decoction of the Herb made in Water or Wine, is effectual also for the same:

and in some cases, to apply the boiled Herb warm to the Privy Parts. The Decoction thereof made with some Sugar or Honey put thereto, is used by many



many with good success, to help the Cough and stuffing of the Chest by cold; as also to cleanse the Reins and Bladder, and helps to expel the Stone in them. The Powder of the Herb taken in Wine, with some Oxymel, purgeth both Choler and Flegm, and is available for those that are short winded, and are troubled with Melancholy, and heaviness or sadness of Spirits. It is very effectual for all pains in the Head coming of a cold cause, the Herb being bruised and applied to the crown of the Head: as also for the Vertigo, that is, a turning or swimming of the Head. The Decoction thereof drunk warm, and the Herb bruised with a few Corns of Bay-salt, and applied to the wrists before the coming of the Ague-fits, doth take them away. The distilled Water taketh away Freckles, and other spots and deformities in the Face. The Herb bruised and heated on a Tile, with some Wine to moisten it, or fried with a little Wine and Oyl in a Frying-pan, and applied warm outwardly to the places, helpeth the VVind and Colick in the lower part of the Belly. It is an especial Remedy against Opium taken too liberally.

Fennel.

EVERY Garden affordeth this so plentifully, that it needeth no Description<sup>37</sup>  
*Government and Vertues.*] One good old fashion is not yet left off, viz.

To boile Fennel with Fish; for it consumes that flegmatick humour which Fish most plentifully affords and annoys the body by, therefore it is a most fit Herb for that purpose, though few that use it, know why or wherefore they do it. I suppose the reason of its benefit this way is, because it is an Herb of Mercury, and under Virgo, and therefore bears Antipathy to Pisces. Fennel is good to break VVind, to provoke Urine, and ease the pains of the Stone, and help to break it. The Leaves or Seeds boiled in Barley-water and drunk, are good for Nurses to encrease their Milk, and make it more wholesome for the Child. The Leaves, or rather the Seed boiled in VVater, stayeth the Hiccough, and taketh away the loathing which oftentimes happeneth to the Stomachs of sick and feaverish persons, and allayeth the heat thereof. The Seed boiled in VVine and drunk, is good for those that are bitten with Serpents, or have eaten poysonful Herbs or Mushrooms. The Seed and the

*Wind, Dysury, Stone, encrease Milk, amends Milk, Hiccough, Loathing of Meat, Venomous Beasts, Poyson, Mushrooms, Obstructions in the Liver, Spleen, and Gall, Yellow Jaundice, Gout, Cramp, Wheezing, Terms provoke, After-delivery, Cleanse, Open, Fatness, Eyes.*

Root much more helpeth to open Obstructions of the Liver, Spleen and Gall, and thereby helpeth the painful and windy Swellings of the Spleen, and the Yellow Jaundice; as also the Gout and Cramps. The Seed is of good use in Medicines to help shortness of Breath and VVheezing by stopping of the Lungs. It helpeth also to bring down the Courses; and to cleanse the parts after delivery. The Roots are of most use in Physick-drinks and Broths that are taken to cleanse the Blood, to open Obstructions of the Liver, to provoke Urine, and amend the ill colour in the Face after sickness, and to cause a good habit through the Body. Both Leaves, Seeds and Roots thereof are much used in Drinks or Broths, to make people more spare

and lean that are too fat. The distilled Water of the whole Herb, or the condensate Juyce dissolved, but especially the natural Juyce that in hot Countrys issueth out thereof of its own accord, dropped into the Eyes, cleanseth them from mists and films that hinder the sight. The sweet Fennel is much weaker in Physicall uses than the common Fennel. The wild Fennel is stronger and hotter than the tame, and therefore most powerful against the Stone, but not so effectual to encrease Milk, because of its dryness.

### Sow-Fennel, or Hogs-Fennel.

**B**esides the common Name in English, Hogs-Fennel, and the Latin Name *Peusidanum*, it is called Hoar-strange, and Hoar-strong, Sulphur-wort, and Brimstone-wort.

**Description.]** *The common Sow-Fennel hath divers branched Stalks of thick and somewhat long Leaves, three for the most part joyned together at a place, among which ariseth a crested straight Stalk, less than Fennel, with some Joints thereon, and Leaves growing thereat, and towards the tops some branches issuing from thence: likewise on the tops of the Stalks and Branches, stand divers tufts of yellow Flowers, where after grow somewhat flat, thin, and yellowish Seed bigger than Fennel-seed. The Root groweth great and deep, with many other parts and Fibres about them, of a strong scent like hot Brimstone, and yieldeth forth a yellowish Milk, or clammy juyce almost like a Gum.*

**Place.]** It flowreth plentifully in the salt low Marshes, near by *Fever-sham* in *Kent*.

**Time.]** It flowereth and seedeth in *July* and *August*.

**Government and Vertues.]** This also is an Herb of *Mercury*. The Juyce of Sow-Fennel (saith *Dioscorides* and *Galen*) used with Vinegar and Rose-water,

*Lethargy, Frenzy, Vertigo, Falling-Sickness, Head-ach, Palsie, Sciatica, Cramp, Sinews, Cough, Shortness of Breath, Wind, Spleen, Child-birth, Reins, Bladder, Womb, Ears, hollow Teeth, Ulcers, broken Bones, Thorns, Wounds.*

or the Juyce with a little *Euphorbium* put to the nose, helpeth those that are troubled with the Lethargy, the Frenzy, the turning or giddiness of the Head, the Falling-sickness, long and inveterate Head-ach, the Palsie, Sciatica, and the Cramp, and generally all the Diseases of the Sinews used with Oyl and Vinegar; The Juyce dissolved in Wine, or put into an Egg, is good for the Cough, or shortness of Breath, and for those that are troubled with wind in the Body. It purgeth the Belly gently, helpeth the hardness of the Spleen, giveth

ease to Women that have sore Travel in Child-birth, and easeth the pains of the Reins and Bladder, and also the Womb. A little of the Juyce dissolved in Wine, and dropped into the Ears, easeth much of the pains in them; and put into an hollow Tooth, easeth the pains thereof. The Root is less effectual in all the aforesaid Diseases: yet the Powder of the Root cleanseth foul Ulcers being put into them, and taketh out Splinters of broken Bones, or other things in the Flesh, and healeth them up perfectly: as also it dryeth up old and inveterate running Sores, and is of admirable vertue in all green Wounds.

Figwort,

Figwort, or Throat-wort.

Description.] **C**ommon great Figwort sendeth divers great, strong, hard, square brown Stalks, three or four foot high, wherein grow large, hard, and dark green Leaves, two at a joyn, which are harder and larger than Nettle-leaves, but not stinging: At the tops of the Stalks stand many purple Flowers, set in Husks, which are somewhat gaping and open, somewhat like those of Water-Betony: after which come hard round heads, with a small point in the middle, wherein lie small brownish seed. The Root is great, white and thick, with many branches at it, growing aslope under the upper crust of the ground, which abideth many years, but keepeth not his green Leaves in Winter.

Place.] It groweth frequently in moist and shadowy Woods, and in the lower parts of the Fields and Meadows.

Time.] It flowereth about July, and the Seed will be ripe about a month after the Flowers are fallen.

Government and Vertues.] Some Latin Authors call it *Cervicaria*, because 'tis appropriated to the Neck; and we, *Throatwort*, because it is appropriated to the Throat. *Venus* owns the Herb, and the Coelestial *Bull* will not deny it, therefore a better Remedy cannot be for the Kings-Evil, because the *Moon* that rules the Disease is exalted there, nor for any Disease in the Neck, the rest of the Diseases specified, you may (if you look) see a very good reason for their Cure by this Herb. The Decoction of the Herb taken inwardly, and the bruised Herb applyed outwardly, dissolveth clotted and congealed Blood

*Congealed Blood by Wound, Bruise or Fall, Kings-Evil, Wens, Hemorrhoids, Fundament, Ulcers, Scurf, Spots, Freckles, Deformity, Leprosie.*

within the Body, coming by any Wound, Bruise or Fall; and is no less effectual for the Kings-Evil, or any other Knobs, Kernels, Bunches or Wens growing in the Flesh wheresoever; and for the Hemorrhoids, or Piles, or other Knobs or Kernels, which sometimes grow about the Fundament.

An Ointment made hereof, may be used at all times when the fresh Herb is not to be had. The distilled Water of the whole Plant, Roots and all, is used for the same purposes, and dryeth up the superfluous virulent moisture of hollow and corroding Ulcers; It taketh away all redness, spots and freckles in the Face, as also the Scurf, or any foul deformity therein, and the Leprosie likewise.

Filipendula, or Dropwort.

Description.] **T**his sendeth forth many Leaves, some bigger, some lesser. set on each side of a middle Rib, and each of them dened about the edges, somewhat resembling wild Tanfie, or rather Agrimony, but harder in handling: among which rise up one or more Stalks, two or three foot high, with the Leaves growing thereon, and sometimes also divided into other Branches Spreading at the top into many white sweet smelling Flowers, consisting of five Leaves a-piece, with some threds in the middle of them standing together in a Tuft or Umbel, each upon a small Foot-stalk, which after they have been

open and blown a good while, do fall away, and in their places appear small, round, chaffie Heads like Buttons, wherein are the chaffie Seed set and placed. The Root consists of many small, black, tuberos pieces, fastened together by many small, long, blackish strings, which run from one to another.

*Place.*] It groweth in many places of this Land, in the Corners of dry Fields and Meadows, and their Hedge sides.

*Time.*] They flower in June and July, and their Seed is ripe in August.

*Government and Vertues.*] It is under the Dominion of *Venus*, and is very effectual to open the passages of the Urine, and

*Dysury, Strangury, Reins, Bladder, Stone, Gravel, Wind, Lungs, Wheezing, Hoarsness, Cough, Flegm.*

helpeth the Strangury, and all other pains of the Bladder and Reins, helpeth mightily to expel the Stone in the Kidneys or Bladder, and the Gravel also, and these are done by taking the Roots in

Powder, or a Decoction of them in White-wine, whereunto a little Honey is added. The same also helpeth to expel the After-birth. The Roots made into Powder, and mixed with Honey into the form of an Electuary, doth much help them whose Stomachs are swollen, dissolving and breaking the Wind which was the cause thereof, and is also very effectual for all the Diseases of the Lungs, as shortness of Breath, Wheezing, Hoarsness of the Throat, and the Cough, and to expectorate tough Flegm, or any other parts thereabouts. It is called *Dropwort*, because it helps such as Piss by Drops.

### The Fig-Tree.

38 **F**OR to give a Description of a Tree so well known to every body that keeps it in their Gardens, were needless. They prosper very well in our English Gardens: yet are fitter for Medicine than for any other profit which is gotten by the Fruit of them.

*Government and Vertues.*] The Tree is under the Dominion of *Jupiter*. The Milk that issueth out from the Leaves or Branches when they are broken off, being dropped upon Warts, taketh them away. The Decoction of the Leaves of a Fig-tree, is excellent good to wash sore Heads withal; neither is there scarcely a better Remedy for the Leprosie than it is. It clears the Face also of Morpew, and the Body of white Scurf, moist Scabs, and running Sores; if it be dropped into old fretting Ulcers, it cleanseth out the moisture, and bringeth up the flesh: because you cannot have the Leaves green all the year, you may make an Ointment of them whilst you may. A Decoction of the Leaves being drunk inwardly, or rather a Syrup made of them, dissolves congealed Blood caused by Bruises or Falls, and helps the Bloody-flux. The Ashes of the Wood made into an

*Warts, Headsores, Leprosie, Morpew, Scurf, Scab, Sores, Ulcers, Blood congealed, caused by Bruises or Falls, Bloody-Flux, Kibes, Chilblains, Tooth-ack, Noise in the Ears, Deafness, biting of mad Dogs, venomous Beasts, Cough, Hoarsness, shortness of Breath, Breast, Lungs, Dropsie, Falling-sickness, Lice.*

Ointment with Hogs-grease, helps Kibes and Chilblains. The Juyce being put into a hollow Tooth, easeth pain, as also pain and noise in the Ears; being



ing dropped into them, and Deafness. An Ointment made of the Juyce and Hogs-grease, is as excellent a Remedy for the biting of mad Dogs or other venomous Beasts as most is. A Syrup made of the Leaves or green Fruit, is excellent good for Coughs, Hoarseness, or shortness of Breath, and all Diseases of the Breast and Lungs: It is also excellent good for the Dropsie, and Falling-sickness. They say that the Fig-tree as well as the Bay-tree is never hurt by Lightning; as also that a Bull, if he be never so mad, if you tie him to a Fig-tree, will quickly become tame and gentle. As for such Figs as come from beyond Sea, I have little to say to them, because I write not of Iglo-ticks; yet some Authors say the eating of them makes people Lousie.

### The yellow Water-flag, or Flower-de-luce.

Description.] *This groweth like the Flower-de-luces, but it hath much longer and narrower sad green Leaves joyned together in that fashion; the Stalk also growing oftentimes as high, bearing small yellow Flowers shaped like the Flower-de-luce with three falling Leaves, and other three arched that cover their bottoms; but instead of the three upright Leaves as the Flower-de-luce hath, this hath only three short pieces standing in their places, after which succeed thick and long three square beads, containing in each part somewhat big and flat seed, like to those of the Flower-de-luces. The Root is long and slender, of a pale brownish colour on the out-side, and of a Horse-flesh colour on the in-side, with many hard fibres thereat, and very harsh in taste.*

Place.] It usually grows in watry Ditches, Ponds, Lakes, and Moor-sides, which are always over-flown with water.

Time.] It flowreth in July, and the seed is ripe in August.

Government and Vertues.] It is under the Dominion of the Moon. The Root of this Water-flag is very astringent, cooling, and drying, and thereby helpeth all Lasks and Fluxes, whether of Blood or Humors, as bleeding at Mouth, Nose or other parts, Bloody-fluxes, and the immoderate Flux of Womens Courfes. The distilled Water of the whole Herb, Flowers and Roots, is a Sovereign good Remedy for watering Eyes both to be dropped into them, and to have Cloaths or Sponges wetted therein and applied to the Forehead: It also helpeth the spots or blemishes that happen in or about the Eyes, or in any other parts: The said Water fomented on Swellings and hot Inflammations of Womens sore Breasts, upon Cankers also, and those spreading Ulcers, called *Noli me tangere*, doth much good: It helpeth also foul Ulcers in the privy parts of Man or Woman, or elsewhere. An Ointment made of the Flowers, is better for these external applications.

*Binds, Cools, Dries, Flux, Bloody-Flux, Bleeding, Terms stops, Eyes, Spots, Blemishes, Inflammations, Sore Breasts, Cankers, Ulcers, Noli me tangere.*

### Flax-weed, or Toad-Flax.

Description.] *Our common Flax-weed hath divers Stalks full fraught with long and narrow blue or Ash-coloured Leaves, and from the middle*

middle of them almost upward, stored with a number of pale yellow flowers, of a strong unpleasant scent, with deeper yellow mouths, and blackish flat seed in round heads. The Root is somewhat woody and white, especially the main down-right one, with many fibres, abiding many years, shooting forth Roots every way round about, and new branches every year.

Place.] This groweth throughout this Land, both by the Way-sides in Meadows, as also by Hedge-sides, and upon the sides of Banks and Borders of Fields.

Time.] It flowereth in Summer, and the Seed is ripe usually before the end of August.

Government and Vertues.] Mars owns the Herb: In *Suffex* we call it *Gallwort*, and lay it in our Chickens Water to Cure them of the Gall, I think;

*Dysury, Dropsie, Obstructions of the Liver, Yellow Jaundice, dead Child, and After-birth, Inflammations, Eyes, Ulcers, Cankers, Fistulaes, Leprosie, Scabs, Pimples, Freckles.*

I am sure it relieves them when they are drooping. This is frequently used to provoke Urine being stopped, and to spend the abundance of those watry humors by Urine, which cause the Dropsie. The Decoction of the Herb both Leaves and Flowers in Wine, taken and drunk, doth somewhat move the Belly downwards, openeth Obstructions of the Liver, and helpeth the Yellow Jaundice, expelleth Poyson, provoketh Womens Courses, driveth forth the dead Child, and After-

birth. The distilled Water of the Herb and Flowers, is effectual for all the same purposes, especially being drunk with a dram of the Powder of the Seeds, or Bark of the Root of Wallwort, and a little Cinnamon for certain days together, is held a singular Remedy for the Dropsie: The Juyce of the Herb, or the distilled Water dropped into the Eyes, is a certain Remedy for all heat, inflammations and redness in them. The Juyce or Water put into foul Ulcers, whether they be cancerous or fistulous, with Tents rouled therein, or parts washed or injected therewith, cleanseth them thoroughly from the bottom, and healeth them up safely. The same Juyce or Water also cleanseth the Skin wonderfully of all sorts of deformity thereof, as Leprosie, Morpew, Scurf, Wheals, Pimples, or any other spots or marks in the Skin, applied of it self, or used with some Powder of Lupines,

### Fleawort.

Description.] Ordinary Fleawort riseth up with a Stalk two foot high or more, full of joynts and branches on every side up to the top, and at every joynt two small, long, and narrow whitish green Leaves, somewhat hairy: At the tops of every Branch stand divers small short scaly or chaffy heads, out of which come forth small whitish yellow threads, like to those of the Plantane-kerbs, which are the bloomings or flowers. The seed inclosed in those heads, is small and shining while it is fresh, very like unto Fleas both for colour and bigness, but turning black when it groweth old. The Root is not long, but white, hard, and woody, perishing every year, and rising again of its own Seed for divers years, if it be suffered to shed: The whole Plant is somewhat whitish and hairy, smelling somewhat like *Rozin*.

There

There is another sort hereof differing not from the former in the manner of growing, but only that his Stalk and Branches being somewhat greater, do a little more bow down to the ground: The Leaves are somewhat greater, the Head somewhat lesser, the Seed alike; and the Root and Leaves abide all the Winter, and perish not as the former.

Place.] The first groweth only in Gardens, the second plentifully in Fields that are near the Sea.

Time.] They flower in July or thereabouts.

Government and Vertues.] The Herb is cold, dry and Saturnine. I suppose it obtained the name Fleawort, because the seeds are so like Fleas. The seed fryed, and so taken, stayeth the Flux or Lask of the Belly, and the Corrosions that come by reason of hot, cholerick or sharp and malignant Humors, or by the too much purging of any violent Medicine, as Scammony, or the like. The Mucilage of the seed made with Rose-water, and a little Sugar-candy put thereto, is very good in all hot Agues and burning Fevers, and other Inflammations to cool the Thirst, and lenifie the dryness and roughness of the Tongue and Throat. It helpeth also Hoarseness of the Voice, and Diseases of the Breast and Lungs

Flux, Corrosion, Cholerick Humours, Agues, Fevers, Inflammation, Thirst, Hoarseness, salt Humours, Pleurisie, Hemorrhoids, Head-ach, Megrin, Imposthumes, Blains, Wheals, Pusshes, Purples, Gout, Joynts, Sciatica, Nipples, sore Breasts, Ears, Worms, Ulcers.

caused by heat or sharp salt Humors, and the Pleurisie also. The Mucilage of the seed made in Plantane-water, whereunto the yolk of an Egg or two, and a little Populeon is put, is a most safe and sure Remedy to ease the sharpness, prickings and pains of the Hemorrhoids or Piles, if it be laid on a Cloth and bound thereto. It helpeth also all Inflammations in any part of the Body, and the pains that come thereby, as the Head-ach and Megrin, and all hot Imposthumes or swellings, or breaking out of the Skin, as Blains, Wheals, Pusshes, Purples, and the like; as also the Joynts, and of those that are out of Joynt; the pains of the Gout and Sciatica, the bursting of young Children, and the swelling of the Navel, applied with Oyl of Roses and Vinegar. It is also very good to heal the Nipples and sore Breasts of Women, being often applied thereunto. The Juyce of the Herb with a little Honey put into the Ears, helpeth the running of them, and the Worms breeding in them: The same also mixed with Hogs-grease, and applied to corrupt and filthy Ulcers and Sores, cleanseth and healeth them.

### Flixweed.

Descript.] It riseth up with a round upright hard Stalk, four or five foot high, spread into sundry Branches, whereon grow many grayish green Leaves very finely cut and severed into a number of short and almost round parts. The Flowers are very small and yellow; growing spike-fashion, after which come very small long Pods, with very small yellowish seed in them. The Root is long and woody, persisting every year.

There

There is another sort differing in nothing, save only it hath somewhat broader Leaves: They have a strong evil savour being smelt unto, and are of a dry taste.

Place.] They grow wild in the Fields by Hedge-sides, and High-ways and among Rubbish, and many other places.

Time.] They flower and seed quickly after, namely in June and July.

Government and Vertues.] This Herb is Saturnine also. Both the Herb and Seed of Flixweed, is of excellent use to stay the

Flux, Bleeding, Bloody-Flux, Terms stops, broken Bones, Members disjoynted, Worms, Sores, Ulcers.

Flux or Lask of the Belly, being drunken in Water wherein Gads of Steel heated have been often quenched; and is no less effectual for the said purpose than Plantane or Comfry, and to restrain any other Flux of Blood in Man or Woman, as also

consolidate Bones broken, or out of Joynt. The Juyce thereof drunk in Wine, or the Decoction of the Herb drunk, doth kill the Worms in the Stomach or Belly, or the Worms that grow in putrid and filthy Ulcers: and made into a Salve, doth quickly heal all old Sores, how foul or malignant so ever they be. The distilled VWater of the Herb worketh the same effects, although somewhat weaker, yet it is a fair Medicine, and more acceptable to be taken.

It is called *Flixweed*, because it cures the Flux, and for its uniting broken Bones, &c. *Paracelsus* extolls it to the Skies. It is fitting, Syrups, Ointments, and Plaisters of it were kept in your Houses.

### Flower-de-luce.

40 IT is so well known, being nursed up in most Gardens, that I shall not need to spend time in writing a Description thereof.

Time.] The flaggy kinds thereof have the most Physical uses; the dwarf kinds thereof flower in April, the greater sorts in May.

Government and Vertues.] The Herb is Lunar. The Juyce or Decoction of the green Roots of the flaggy kind of *Flower-de-luce*, with a little Honey

Stomach, Flegm, Choler, Jaundice, Dropsie, Belly, Sides, Agues, Liver, Spleen, Stone, Convulsion, Cramp, venomous Beasts, Dysury, Colick, Terms provokes, Cough, Sneezing, Hemorrhoids, Tooth-ach, Foynts, Sinews, Gout, Sciatica, Womb, Rheums, Breast, Wounds, Ulcers, Fistulaes, Cankers.

drunk, doth purge and cleanse the Stomach of gross and tough Flegm and Choler therein; it helpeth the Jaundice and the Dropsie, by evacuating those humors both upwards and downwards, and because it somewhat hurteth the stomach, is not to be taken with Honey and Spikenard. The same being drunk, doth ease the pains and torments of the Belly and Sides, the shaking of Agues, the Diseases of the Liver and Spleen, the VVorms in the Belly, the Stone in the Reins, Convulsions or Cramps that come of cold humors; it also helpeth those whose Seed passeth from them unawares: It is a Remedy against the Bitings and Stingings of Venomous Creatures, being boyled in VWater and



and Vinegar, and drunk : Being boyled in VVine and drunk, it provoketh Urine, helpeth the Colick, bringeth down VVomens Courfes ; and made up into a Pessary with Honey, and put up into the Body, draweth forth the dead Child. It is much commended against the Cough to expectorate tough Flegm : It much easeth pains in the Head, and procureth sleep : Being put into the Nostrils, it procureth Sneezing, and thereby purgeth the Head of Flegm : The Juyce of the Root applyed to the Piles or Hemorrhoids, giveth much ease. The Decoction of the Roots gargled in the Mouth, easeth the Tooth-ach, and helpeth a stinking Breath. Oyl called *Oleum Irinum*, if it be rightly made of the great broad flag *Flower-de-luce*, (and not of the great bulbous blew *Flower-de-luce*, as is used by some Apothecaries ) and Roots of the same of the flaggy kinds, is very effectual to warm and comfort all cold Joynts and Sinews, as also the Gout and Sciatica, and mollifieth, dissolveth, and consumeth Tumors or Swellings in any part of the Body, as also of the Matrix : It helpeth the Cramp, or Convulsion of the Sinews : the Head and Temples anointed therewith, helpeth the Catarrh or thin Rheum distilling from thence ; and used upon the Breast or Stomach, helpeth to extenuate the cold tough Flegm. It helpeth also the pains and noise in the Ears, and the stench of the Nostrils. The Root it self either green, or in Powder, helpeth to cleanse, heal, and incarnate VVounds, and to cover the naked Bones with Flesh again, that Ulcers have made bare ; and is also very good to cleanse and heal up Fistulaes and Cankers that are hard to be cured.

### Fluellin, or Lluellin.

Description.] **I**T shooteth forth many long branches, partly lying upon the Ground, and partly standing upright, set with almost round Leaves, yet a little pointed, and sometime more long than round, without order thereon, somewhat hoary, and of an evil greenish white colour ; at the Joynts all along the Stalks, and with the Leaves come forth small Flowers, one at a place, upon a very small short Foot-stalk, gaping somewhat like Snap-dragons, or rather like Toad-flax, with the upper jaw of a yellow colour, and the lower of a purplish, with a small beel or spur behind ; after which come forth small round heads containing small black seed. The Root is small and threddy, dying every year, and raiseth it self again of its own sowing.

There is another sort of Lluellin which hath longer branches, wholly trailing upon the ground, two or three foot long, and somewhat more thinner set with Leaves thereon, upon small Foot-stalks. The Leaves are little larger and somewhat round, and cornered sometimes in some places on the Edges ; but the lower part of them being the broadest, hath on each side a small point, making it seem as if they were Ears, somewhat hairy, but not hoary, and of a better green colour than the former : The Flowers come forth like the former, but the colours therein are more white than yellow, and the purple not so fair : It is a large Flower, and so are the Seed and Seed-vessel. The Root is like the other, and perisheth every year.

Place.] They grow in divers Corn-Fields, and in Borders about them, and in other fertile Grounds, about Southfleet in Kent abundantly, at Buckworth,

worth, Hamerton, and Richwersworth in Huntingtoshire, and in divers other places.

*Time.*] They are in flower about *June* and *July*, and the whole Plant is dry and withered before *August* be done.

*Government and Vertues.*] It is a *Lunar* Herb. The Leaves bruised and applied with Barley-meal to watering Eyes that are hot and inflamed by defluxions from the Head, do very much help them, as also the fluxes of Blood or Humors, as the Lask, Bloody-flux, Womens Courfes, and stayeth all manner of bleeding at

*Eyes, Flux, Bloody-Flux, Terms stops, Wounds, Ulcers, Cankers.*

Nose, Mouth, or any other place, or that cometh by any bruise or hurt, or bursting a Vein; and wonderfully it helpeth all those inward parts that need consolidating or strengthening; and is no less effectual both to heal and close green Wounds, as to cleanse or heal all foul or old Ulcers, fretting or spreading Cankers, or the like.

Bees are industrious and go abroad to gather Honey from each Plant and Flower; But Drones lie at home, and eat up what the Bees have taken pains for: Just so do the Colledge of Physitians lie at home, and domineer, and suck out the sweetness of other Mens Labours and Studies, themselves being as Ignorant in the knowledge of Herbs as a Child of four years old, as I can make appear to any rational Man by their last Dispensatory. Now then to hide their Ignorance, there is no readier way in the World, than to hide knowledge from their Country-men, that so no body might be able so much as to smell out their Ignorance. When Simples were more in use, Mens Bodies were better in health by far than now they are, or shall be, if the Colledge can help it. The truth is, This Herb is of a fine cooling, drying quality, and an Ointment or Plaister of it, might do a man a Courtesie that hath any hot virulent Sores: 'tis admirable for the Ulcers of the French-Pox, if taken inwardly, may Cure the Disease. It was first called Female Speedwel, but a Shentleman of *Wales*, whose Nose was almost eaten off with the Pox, and so near the matter, that the Doctors commanded it to be cut off, being cured only by the use of this Herb, to honour the Herb for saving her Nose whole, gave it one of her Country Names, *Lluellin*.

### Foxglove.

*Description.*] **I**T hath many long and broad Leaves lying upon the Ground, indented about the edges, a little soft or woolly, and of a hoary green colour, among which riseth up sometimes sundry stalks, but one very often bearing such Leaves thereon from the bottom to the middle, from whence to the top it is stored with large and long hollow reddish purple Flowers, a little more long and eminent at the lower edge, with some white spots within them, one above another, with small green Leaves at every one, but all of them turning their Heads one way, and hanging downwards, having some threds also in the middle, from whence rise round heads pointed sharp at the ends, wherein small brown seed

seed lieth. The Roots are so many small Fibres, and some Greater strings among them: The Flowers have no scent, but the Leaves have a bitter hot taste.

Place. It groweth on dry sandy Grounds for the most part, and as well on the higher as the lower places under Hedge-sides in almost every Country of this Land.

Time.] It seldom flowreth before July, and the seed is ripe in August.

Government and Vertues.] The Plant is under the Dominion of Venus, being of a gentle cleansing Nature; and withal very friendly to Nature. The Herb is familiarly and frequently used by the Italians to heal any fresh or green Wound, the Leaves being but bruised and bound thereon; and the Juyce thereof is also used in old Sores, to cleanse, dry, and heal them. The Decoction hereof made up with some Sugar or Honey, is available to cleanse and purge the Body both upwards and

Wounds, Cleanse, Dry, Heat, Obstruction of the Liver and Spleen, Kings-Evil, Falling-sickness, Scabby-Head.

downwards, sometimes of tough Flegm, and clammy Humors, and to open Obstructions of the Liver and Spleen. It hath been found by experience to be available for the Kings-Evil, the Herb bruised and applied, or an Ointment made with the Juyce thereof, and so used: and a Decoction of two handfuls thereof with four Ounces of Polypody in Ale, hath been found by late experience to Cure divers of the Falling-sickness, that have been troubled with it above twenty years.

My self am confident that an Ointment of it is one of the best Remedies for a scabby Head that is.

### Fumitory.

Description.] OUR common Fumitory is a tender sappy Herb, sending forth from one square, slender, weak Stalks, and leaning downwards on all sides, many Branches two or three foot long, with finely cut and jagged Leaves of whitish, or rather blewish Sea-green colour: At the tops of the Branches stand many small Flowers, as it were in a long spike one above another, made like little Birds of a reddish purple colour with whitish bellies: after which come small round Husks containing small black seed. The Root is yellow, small, and not very long, full of juyce while it is green, but quickly perissh with the ripe Seed: In the Corn-fields in Cornwall this beareth white Flowers.

Place.] It groweth in Corn-fields almost every where as well as in Gardens.

Time.] It flowereth in May for the most part, and the seed ripeneth shortly after.

Government and Vertues.] Saturn owns the Herb, and presents it to the World as a Cure for his own Diseases, and strengthener of the parts of the Body he rules: If by my Astrological Judgment of Diseases, from the Decumbiture, you find Saturn Author of the Disease, or if by direction from a Nativity you fear a Saturnine Disease approaching, you may by this Herb pre-

prevent it in the one, and cure it in the other: and therefore 'tis fit you keep a Syrup of it always by you. The Juyce or Syrup made thereof, or the Decoction made in VVhey by it self, with some other purging or opening

*Liver, Spleen, Choler, Aduſt Melancholy, Madneſs, Forgetfulneſs, Jaundice yellow and black, Peſtilence, Sore Mouth and Throat, Eyes, Hairs, Scabs, Itch, Pimples, Wheals.*

Herbs and Roots to cauſe it to work the better (it ſelf being but weak) is very effectual for the Liver and Spleen, opening the Obſtructions thereof, and clarifying the Blood from ſalt cholerick, and aduſt Humors, which cauſe Leproſie, Scabs, Tetters, and Itches, and ſuch like breakings out of the Skin, and after the purging doth ſtrengthen all the inward parts: It is alſo good againſt the yellow Jaundice, and ſpendeth it by Urine, which it procureth in abundance.

The Powder of the dried Herb given for ſome time together, cureth Melancholy, but the Seed is ſtrongeſt in Operation for all the former Diſeaſes. The diſtilled VVater of the Herb is alſo of good effect in the former Diſeaſes, and conduceth much againſt the Plague and Peſtilence, being taken with good Treacle. The diſtilled VVater alſo, with a little VVater and Honey of Roſes, helpeth all the Sores of the Mouth or Throat, being gargled often therewith. The Juyce dropped into the Eyes, cleareth the ſight, and taketh away redneſs, and other defects in them, although it procure ſome pain for the preſent, and cauſe Tears. *Dioſcorides* ſaith, it hindreth any freſh ſpringing of Hairs on the Eye-lids (after they be pulled away) if the Eye-lids be anointed with the Juyce hereof with Gum *Arabicum* diſſolved therein. The Juyce of Fumitory and Docks mingled with Vinegar, and the places gently waſhed or wet therewith, cureth all ſorts of Scabs, Pimples, Botches, VVheals, Puſhes, which ariſe on the Face or Hands, or any other part of the Body.

### The Furz-Buſh.

IT is ſo well known, as well by this Name, as in ſome Countrys by the Name of *Gors* or *Whins*, that I ſhall not need to write any Deſcription thereof, my intent being to teach my Country-men what they know not, rather than to tell them again of that which is generally known before.

*Place.]* They are known to grow on dry barren Heaths, and other waſte gravelly or ſandy Grounds in all Countrys of this Land.

*Time.]* They alſo flower in Summer Months.

*Government and Vertues.]* Mars owns the Herb. They are hot and dry,

*Obſtructions, Liver, Spleen, Yellow Jaundice, Dyſury, Gravel, Stone.*

good to open Obſtructions of the Liver and Spleen. A Decoction made with the Flowers thereof, hath been found effectual againſt the Jaundice, as alſo to provoke Urine, and cleanſe the Kidneys from Gravel or Stones ingendred in them. Mars doth all this by Sympathy.

Garlick,



Garlick.

THE offensiveness of the Breath of him that hath eaten Garlick, will lead you by the Nose to the knowledge hereof, and (instead of a Description) direct you to the place where it groweth in Gardens, which kinds are the best, and most Physicall.

*Government and Vertues.*] Mars owns this Herb. This was anciently accounted the Poor mans *Treacle*, it being a Remedy for all Diseases or Hurts, (except those which it self breeds.) It provoketh Urine and Womens Courfes, helpeth the biting of mad Dogs, and other Venomous Creatures: killeth Worms in Children, cutteth and avoideth tough Flegm, purgeth the Head, helpeth the Lethargy, is a good Preservative against, and a Remedy for any Plague-fore, or foul Ulcer: taketh away Spots and Blemishes in the Skin, easeth pains in the Ears, ripeneth and breaketh Imposthumes, or other swellings: And for all those Diseases, the Onions are also effectual. But the Garlick hath some more peculiar Vertues beside the former, viz. It hath a special quality to discuss inconveniences coming by corrupt Agues or Mineral Vapours, or by drinking corrupt and stinking Waters; as also by taking of Woolf-bane, Hen-bane, Hemlock, or other poysonful and dangerous Herbs. It is also held good in Hydropick Diseases, the Jaundice, Falling-sickness, Cramps, Convulsions, the Piles or Hemorrhoids, or other cold Diseases.

Many Authors quote many Diseases this is good for, but conceal its Vices: Its heat is very vehement, and all vehement hot things send up but ill-favour'd Vapours to the Brain. In Cholerick men 'twill add fuel to the fire, in Men oppressed by Melancholy, 'twill attenuate the Humour, and send up strong Fancies; and as many strange Visions to the Head: therefore let it be taken inwardly with great moderation, outwardly you may make more bold with it.

Gentian, Felwort, or Baldmony.

IT is confessed, that Gentian which is most used amongst us, is brought over from beyond Sea: yet have we two sorts of it growing frequently in our Nation, which besides the Reasons so frequently alledged, Why English Herbs should be fittest for English Bodies, hath been proved by the experience of divers Physitians to be not a whit inferior in Virtue to that which cometh from beyond Sea; therefore be pleased to take the Description of them as followeth,

*Descript.*] The greater of the two hath many small long Roots thrust down deep in the ground, and abiding all the Winter. The Stalks are sometimes more, sometimes fewer, of a brownish green Colour, which is sometimes two foot high, if the ground be fruitful, having many long, narrow, dark green Leaves, set by couples up to the top: the Flowers are long and hollow, of a purple colour, ending in five corners.

The smaller sort, which is to be found in our Land, groweth up with sundry Stalks not a foot high, parted into several small Branches, whereon grow divers small Leaves together, very like those of the lesser Centaury, or whitish green colour; on the top of the Stalks grow divers perfect blue flowers standing in long Husks, but not so big as the other: The Root is very small, and full of thred.

*Place.*] The first groweth in divers places of both the East and West Countries, and as well in wet as in dry Grounds, as near Long-field in Gravesend, near Cobham in Kent, near Lillingstone in Kent, also in a chalky hard by a Paper-Mill not far from Dartford in Kent.

The second groweth also in divers places in Kent, as about Southfleet and Longfield upon Barton-hills in Bedfordshire: also not far from St. Albans upon a piece of waste chalky ground as you go out of Dunstable-way toward Gorhambury.

*Time.*] They flower in August.

*Government and Vertues.*] They are under the Dominion of Mars, and is one of the principallest Herbs he is ruler of. They resist Putrefaction, Poyson, Pestilence: neither can a more sure Remedy be found to prevent the Pestilence than it is. It strengthens the Stomach exceedingly, and helps digestion, it preserves the Heart, and preserves it against fainting and swooning: The Powder of the dry Roots helps the biting of mad Dogs, and Venomous Beasts, opens Obstructions of the Liver, and restoreth an Appetite of their Meat to such as have lost it: The Herb steeped in Wine, and the Wine drunk, refresheth such as be over-weary with Travel, and are grown lame in their Joynts either by cold or evil lodgings: It helps Stitches and griping pains in the Sides: and is an excellent Remedy for such as are bruised by Falls: It provokes Urine, and the Terms exceedingly,

therefore let it not be given to Women with Child: The same is very profitable for such as are troubled with Cramps and Convulsions to drink the Decoction: Also they say it breaks the Stone, and helps Ruptures most certainly: It is very excellent in all cold Diseases, and for such as are troubled with tough Flegm, Scabs, Itch, or any fretting Sores and Ulcers: It is an admirable Remedy to kill the Worms, by taking half a dram of the Powder in the morning in any convenient Liquor; the same is excellent good to be taken inwardly for the Kings-Evil. It helps Agues of all sorts, and the yellow Jaundice, as also the Bots in Cattel: when Kine are bitten on the Udder by any Venomous Beast, do but stroak the place with the Decoction of any of these, and it will instantly help them.

Clove Gilli-Flowers.

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IT is in vain to describe an Herb so well known.

*Government and Vertues.*] They are gallant fine temperate Flowers, of the Nature and under the Dominion of *Jupiter*: yea, so temperate, that no excess, neither in heat, cold, dryness, nor moisture can be perceived in them; they are great strengtheners both of the Brain and Heart, and will therefore serve *Brain, Heart, Consumption, Strengthens Nature.* either for Cordials or Cephalicks, as your occasion will serve. There is both a Syrup and a Conserve made of them, and of them alone, commonly to be had at every Apothecaries; to take now and then a little of either, strengthens Nature much, in such as are in Consumptions. They are also excellent good in hot Pestilent Feavers, and expel Poyson.

Germander.

*Descript.*] **C**ommon Germander shooteth forth sundry Stalks with small and somewhat round Leaves, dented about the edges. The Flowers stand at the tops, of a deep purple colour. The Root is composed of divers Sprigs, which shoot forth a great way round about, quickly over-spreading a Ground.

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*Place.*] It groweth usually with us in Gardens.

*Time.*] And flowereth in June or July.

*Government and Vertues.*] It is a most prevalent Herb of *Mercury*, and strengthens the Brain and Apprehension exceedingly: (you may see what humane Vertues are under *Mercury* in the latter end of my *Ephemeris* for 1652.) strengthens them when weak; relieves them when drooping, by this Herb. This taken with Honey (saith *Dioscorides*) is a Remedy for Coughs, for hardness of the Spleen, and difficulty of Urine, and helpeth those that are fallen into a Dropsie, especially at the beginning of the Disease, a Decoction being made thereof when it is green and drunk. It also bringeth down Womens Courses, and expelleth the dead Child. It is most effectual against the Poyson of all Serpents, being drunk in Wine, and the bruised Herb outwardly applied; used with Honey, it cleanseth old and foul Ulcers; and made into an Oyl, and the Eyes anointed therewith, taketh away their Dimness and moistness. It is likewise good for the Pains in the Sides, and Cramps. The Decoction thereof taken for some days together, driveth away and cureth both Tertian and Quartan Agues. It is also good against all Diseases of the Brain, as continual Head-ach, Falling-sickness, Melancholy, Drowziness and dulness of the Spirits, Convulsions and Palsies. A dram of the Seed taken in Powder, purgeth by Urine, and is good against the Yellow Jaundice. The Juyce of the Leaves dropped into the Ears, killeth the Worms in them. The tops whereof when they are in flower, steeped twenty four hours in a draught of VVhite-wine and drunk, killeth VVorms in the Belly.

Cough, Spleen, Dysury, Dropsie, Terms provokes, Dead Child, Poyson, Ulcers, Cramps, Agues, Falling-sickness, Head-ach, Melancholy, Dulness of Spirit, Convulsion, Palsie, Yellow Jaundice, Worms.

L

Stinking

## Stinking Galdwin.

45 Description.] **T**his is one of the kinds of Flower-de-luces, having downy Leaves rising from the Roots very like a Flower-de-luce, but that they are sharp edged on both sides, and thicker in the middle, of a deep green colour, narrower and sharper pointed, and of a strong ill scent if they be bruised between the fingers. In the middle riseth up a reasonable strong stalk yard high at least, beareth three or four Flowers at the top, made somewhat like the Flowers of the Flower-de-luce, with three upright Leaves, of a dead purplish Ash-colour, with some Veins discoloured in them, the other three do not fall down, nor the three other small ones are so arched, nor cover the lower Leaves of the Flower-de-luce doth, but stand loose, or asunder from them. After they are past, there come up three square hard husks opening wide into three parts when they are ripe, wherein lie reddish Seed, turning black when it hath abidden long. The Root is like that of the Flower-de-luce, but reddish on the out-side, and whitish within, very sharp and hot in taste, of as evil scent as the Leaves.

Place.] This groweth as well in Up-land Grounds, as in moist places in Woods, and shadowy places by the Sea-side in many places of this Land, and is usually nursed up in Gardens.

Time.] It flowreth not until July, and the Seed is ripe in August or September: yet the Husks after they are ripe, opening themselves, will hold their Seeds within them for two or three months, and not shed them.

Government and Vertues.] It is supposed no be under the Dominion of Saturn. It is used by many Country people to purge corrupt Flegm and Choler, which they do by drinking the Decoction of the Roots, and some to make it more gently, do but infuse the sliced Roots in Ale, and some take the Leaves which serve well for the weaker Stomachs. The Juyce hereof put up, or snuffed up the Nose, causeth Sneezing, and draweth from the head much corruption: and the Powder thereof doth the same: The Powder thereof drunk in Wine, helpeth those that are troubled with Cramps and Convulsions, or with the Gout or Sciatica, and giveth ease to those that have any griping Pains in their Body or Belly, and helpeth those that have the Strangury. It is given with much profit to those that have had long Fluxes by the sharp and evil quality of Humours, which it stayeth, having first cleansed and purged them by the drying and binding property therein. The Root boyled in Wine and drunk, doth effectually procure Womens Courses, and used as a Pessary, worketh the same effect, but causeth Abortion in Women with Child. Half a dram of the Seed beaten to Powder, and taken in Wine, doth speedily cause one to Piss which otherwise cannot. The same taken with Vinegar, dissolveth the hardness and swellings of the Spleen. The Root is very effectual in all Wounds, and especially of the Head: as also to draw forth any Splinters, Thorns, broken Bones, or any other thing sticking

*Flegm, Choler, Head, Cramp, Convulsion, Gout, Sciatica, Belly-ach, Strangury, Fluxes, Terms provokes, Dysury, Spleen, Wounds, Splinters, Thorns, broken Bones, Kings-Evil, Itch, Scabs, Blemishes in the Skin.*

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ing in the Flesh, without causing pains, being used with a little Verdigrease and Honey, and the great Centaury Root. The same boyled in Vinegar, and laid upon any Tumour or Swelling, doth very effectually dissolve and consume them; yea, even the Swellings of the Throat called the Kings-Evil. The Juyce of the Leaves and Roots healeth the Itch, and all running or spreading Scabs and Sores, or Blemishes, or Scars in the Skin wheresoever they be.

### Golden-Rod.

**Description.]** *This riseth up with brownish small round Stalks, two foot high, and sometimes more, having thereon many narrow and long dark green Leaves, very seldom with any dents about the edges, or any Stalks or white Spots therein, yet they are sometimes so found, divided at the tops into many small Branches, with divers small yellow Flowers on every one of them, all which are turned one way, and being ripe, do turn into Down, and are carried away with the Wind. The Root consists of many small Fibres which grows not deep in the Ground, but abideth all the Winter thereon. shooting forth new Branches every year, the old one lying down to the Ground.*

**Place.]** It groweth in the open places of Woods and Copfes, both moist and dry Grounds in many places of this Land.

**Time.]** It flowereth about the month of July.

**Government and Vertues.]** *Venus* claims the Herb, and therefore to be sure it restores Beauty lost. *Arnoldus de villa nova* commends it much against the Stone in the Reins and Kidneys, and to provoke Urine in abundance, whereby also the Gravel or Stone may be avoided. The Decoction of the Herb green or dry, or the distilled Water thereof is very effectual for inward Bruises: as also to be outwardly applied, it stayeth Bleeding in any part of the Body, and of Wounds; also the Fluxes of Humours, the Bloody-Flux, and Womens Courses: and is no less prevalent in all Ruptures or Burstings, being drunk inwardly and outwardly applied. It is a Sovereign Wound-Herb, inferiour to none, both for inward and outward Hurts, green Wounds, and old Sores and Ulcers, are quickly Cured therewith. It is also of special use in all Lotions for Sores, or Ulcers in the Mouth, Throat or Privy-parts of Man or Woman. The Decoction also helpeth to fasten the Teeth that are loose in the Gums.

*Beauty lost, Stone, Gravel; Dysury, Wounds, Flux; Bloody-Flux, Terms stops; Ruptures; Ulcers, Sore Mouth and Throat, Teeth loose.*

### Gout-wort, or Herb-Gerrard.

**Description.]** *It is a low Herb, seldom rising half a yard high; having sundry Leaves standing on brownish green Stalks by threes, snipped about, and of a strong unpleasant savour. The Umbels of Flowers are white, and the Seed blackish, the Root runneth in the Ground, quickly taking up a great deal of room.*

**Place.]** It groweth by Hedge and Wall-sides, and often in the Borders or Corners of Fields, and in Gardens also.

*Time.*] It flowereth and seedeth about the end of July.

*Government and Vertues.*] Saturn rules it : neither is it to be suppo

Gout, Sciatica, Foynts.

*Goutwort* hath its Name for nothing, but upon experience to heal the cold Gout and Sciatica ; also Joynt-aches, and other cold Grievs. The bearing of it about one, easeth the Pains of the Gout, and defends him the bears it from the Disease.

### Gromel.

OF this I shall briefly describe three kinds, which are principally used in Phylick, the Vertues whereof are alike, though somewhat different in their manner and form of growing.

*Description.*] The greater Gromel groweth up with slender, hard and bare Stalks trailing and taking Root in the Ground as it lieth thereon, and parted into many other smaller Branches with hairy dark green Leaves thereon. At the Foynts of the Leaves come forth very small blew Flowers, and after them hard stony round Seed. The Root is long and woody, abiding the Winter, and shooting forth fresh Stalks in the Spring.

The small wild Gromel sending forth divers upright hard branched Stalks two or three foot high, full of Foynts, at every of which groweth small long hard rough Leaves like the former, but lesser : among which Leaves come forth small white Flowers, and after them grayish round Seed like the former : The Root is not very big, but with many Strings thereat.

The Garden Gromel hath divers upright, slender, woody, hairy Stalks, bloomed and cressed, very little branched, with Leaves like the former, and white Flowers, after which in rough brown Husks is contained a white hard round Seed, shining like Pearls, and greater than either of the former : The Root is like the first described with divers Branches and Strings thereat, which continueth (as the first doth) all Winter.

*Place.*] The two first grow wild, in barren or untilled places, and by the Way-sides in many places of this Land. The last is a Nurrling in the Gardens of the Curious.

*Time.*] They all flower from Midsummer until September sometimes, and in the mean time the Seed ripeneth.

*Government and Vertues.*] The Herb belongs to Dame Venus, and therefore if Mars cause the Colick or Stone, as usually he doth ; if in Virgo, this is your Cure. These are accounted to be of as singular force as any other Herb or Seed whatsoever to break the Stone, and

to avoid it, and the Gravel either in the Reins or Bladder, as also to provoke Urine being stopped, and to help the Strangury. The Seed is of greatest use, being bruised and boyled in White-wine or in Broth, or the like, or the Powder of the Seed taken therein, two drams of the Seed in Powder taken with Womens Breast-Milk, is very effectual to procure a speedy Delivery to such Women as have sore Pains in their Travel, and cannot be Delivered. The Herb it self (when the Seed is not to be had) either boyled, or the Juyce thereof drunk, is effectual to all the purposes aforesaid, but not so powerful or speedy in Operation.

Goos-

Goosberry-bush,

**C**alled also Feap-berry, and in *Sussex* Dew-berry-bush, and in some Counties, Wine-berry.

*Government and Vertues.*] They are under the Dominion of *Venus*. The Berries while they are unripe, being scalded or baked, are good to stir up a fainting or decayed Appetite, especially such whose Stomachs are afflicted by Cholerick Humors; they are excellent good to stay the Longings of Women with Child. They may easily keep them preserved with Sugar all the year long. The Decoction of the Leaves of the Tree, cools hot Swellings and Inflammations; as also *St. Anthony's* fire. The ripe Goosberries being eaten, are an excellent Remedy to allay the violent Heat both of the Stomach and Liver. The young and tender Leaves break the Stone, and expel Gravel both from the Kidneys and Bladder. All the evils they do to the Body of Man is, they are supposed to breed Crudities, and by Crudities, Worms.

*Appetite, Stomach, Womens Longing, Swelling, Inflammation, St. Anthony's fire, Stomach, Liver, Stone, Gravel, Worms.*

Winter-green.

*Description.*] **T**His sendeth forth seven, eight, or nine Leaves from a small brownish creeping Root, every one standing upon a long Foot-stalk, which are almost as broad as long, round pointed, of a sad green colour, and hard in handling, and like the Leaf of a Pear-Tree; from whence ariseth a slender weak Stalk, yet standing upright, bearing at the top many small white and sweet smelling Flowers, laid open like a Star, consisting of five round pointed Leaves, with many yellowish threds standing in the middle about a green Head, and a long stile with them, which in time groweth to be the Seed-Vessel, which being ripe, is found five square with a small point at it, wherein is contained Seed as small as dust.

*Place.*] It groweth seldom in Fields, but frequent in the Woods Northwards, viz. in *York-shire, Lancashire, and Scotland.*

*Time.*] It flowereth about *June* or *July*.

*Government and Vertues.*] Winter-green is under the Dominion of *Saturn*, and is a singular good VVound-Herb, and an especial Remedy for to heal green VVounds speedily, the green Leaves being bruised and applied, or the Juyce of them. A Salve made of the green Herbs stamped, or the Juyce boyled with Hogs lard, or with Salad Oyland VVax, and some Turpentine added unto it, is a Sovereign Salve, and highly extolled by the *German*s, who much use it to heal all manner of VVounds and Sores. The Herb boyled in Wine and Water, and given to drink to them that have any inward Ulcers in their Kidneys, or Neck of the Bladder doth wonderfully help them.

*Wounds, Ulcers, Kidneys, Bladder, Flux, Bloody-flux, Terms stops, Inflammations, Cankers, Fistulae.*

It stayeth all Fluxes, whether of Blood or Humours, as the Lask, Bloody Fluxes, Womens Courfes and Bleeding of Wounds, and taketh away any Inflammation rising upon Pains of the Heart. It is no lefs helpful for foule Ulcers hard to be Cured: as also for Cankers or Fistulaes. The Distilled Water of the Herb doth effectually perform the same thing.

### Groundfel.

**Descript.]** OUR common Groundfel hath a round, green, and somewhat brownish Stalk, spread toward the top into Branches, set with long and somewhat narrow green Leaves cut in on the edges, somewhat like the Oak-Leaves, but lesser, and round at the end: at the tops of the Branches stand many small green Heads, out of which grow many small yellow Threds or Thrums which are the Flowers, and continue many days blown in that manner before it pass away into Down, and with the Seed is carried away in the Wind. The Root is small and threddy, and soon perisheth, and as soon riseth again of its own sowing so that it may be seen many Months in the Year, both green, and in Flower and Seed; for it will spring and Seed twice in a Year at least, if it be suffered in a Garden.

**Place.]** This groweth almost every where, as well on tops of Walls, as at the foot among Rubbish, and untilled Grounds, but especially in Gardens.

**Time.]** It flowreth, as is said before, almost in every Month through the Year.

**Government and Vertues.]** This Herb is *Venus* her Mistress-piece, and is as gallant an Universal Medicine for all Diseases coming of Heat, whatsoever they be, or in what part of the Body soever they lie, as the Sun shines upon; 'tis very safe and friendly to the Body of Man; yet causeth Vomiting if the Stomach be afflicted, if not, Purging, and it doth it with more gentleness than can be expected; 'Tis moist and something cold withal, thereby causing expulsion, and repressing the Heat caused by the motion of the Internal Parts in Purges and Vomits. Lay by our Learned Receipts, Take so much Senna, so much Scammony, so much Colocynthis, so much Infusion of Crocus Metallorum, &c. This Herb alone preserved into a Syrup in a distilled Water, in an Oyntment, shall do the deed for you in all hot Diseases, and it shall do it, 1. Safely, 2. Speedily.

The Decoction of the Herb (saith *Dioscorides*) made with Wine and drunk, helpeth the Pains of the Stomach proceeding of Choler (which it may well do by a Vomit,) as daily experience sheweth. The Juyce thereof taken in Drink, or the Decoction of it in Ale, gently performeth the same. It is good against the Jaundice and Falling-sickness, being taken in Wine; as also against difficulty of making Water. It provokes Urine, expelleth Gravel in the Reins or Kidneys; a dram thereof given in Oxymel, after some walking

*Choler in the Stomach, Yellow Jaundice, Falling-Sickness, Dysury, Gravel, Sciatica, Colick, Liver, Terms provokes, Womens Breasts, Privy-parts, Arteries, Foynts and Sinevus, Over-heated, Kernels, Wounds in the Sinews, Inflammations in the Eyes.*



walking or stirring of the Body. It helpeth also the Sciatica, griping of the Belly, and the Colick, helpeth the defects of the Liver, and provoketh Womens Courses. The fresh Herb boyled and made into a Pultis and applied to the Breasts of Women that are swoln with Pain and Heat, as also to the Privy Parts of Man or Woman, the seat or Fundament, or the Arteries, Joynts and Sinews when they are inflamed and swoln, doth much ease them: and used with some Salt, helpeth to dissolve Knots or Kernels in any part of the Body. The Juyce of the Herb, or (as *Discordides* saith) the Leaves and Flowers, with some fine Frankincense in Powder, used in Wounds of the Body, Nerves or Sinews, doth singularly help to heal them. The distilled Water of the Herb performeth well all the aforesaid Cures, but especially for Inflammations or watering of the Eyes by reason of the Defluxion of Rheum into them.

### Hearts-Ease.

**T**His is that Herb which such Physitians as are licensed to blaspheme by Authority without danger, having their Tongues bored through with an hot Iron, call an Herb of the Trinity: It is also called by those that are more moderate, Three Faces in a Hood, live in idleness, Cul-me-to-you; and in *Suff.* we call them Fancies.

*Place.*] Besides those which are brought up in Gardens, they grow commonly about, wild in the Fields, especially in such as are very barren; sometimes you may find it on the tops of high Hills.

*Time.*] They flower all the Spring and Summer long.

*Government and Vertues.*] The Herb is really *Saturnine*, something cold, viscous and slimy: A strong Decoction of the Herbs and Flowers (if you will, you may make it into Syrup, or distilled in an Alembick with what Vehicle you please) is an excellent Cure for the French Pox, the Herb being a gallant Antivenerean; and that Antivenereans are the best Cure for that Disease, far better and safer than to torment them with the Flux, divers Foreign Physitians have confessed: The Spirit of it is excellent good for the Convulsions in Children, as also for the Falling-sickness, and a gallant Remedy for the Inflammations of the Lungs and Breast, Pleurisie, Scabs, Itch, &c. It is under the Cœlestial Sign Cancer.

*French-Pox, Convulsions, Falling-sickness, Inflammations in the Breast and Lungs, Pleurisie, Scabs, Itch.*

### Hartichokes.

**T**HE Latines call them *Cineria*, only our Colledge call them *Artichocus*. *Government and Vertues.*] They are under the Dominion of *Venus*, and therefore it is no marvel if they provoke Lust much, as indeed they do, being something windy Meat, and yet they stay the involuntary course of natural Seed in Man, which is commonly called Nocturnal Pollutions. And here I care not greatly if I quote a little of *Galen's* Non-sense in his Treatise of the Faculties of Nourishment,

*Lust provoketh, Nocturnal Pollutions, Purgeth by Urine.*

rishment, he saith, They contain plenty of Cholerick Juyce (which notwithstanding I can scarcely believe) of which he saith is ingendred Melancholy Juyce, and of that Melancholy Juyce thin Cholerick Blood: but to proceed; this is certain, That the Decoction of the Root boyled in Wine, or the Root bruised and destilled in Wine in an Alembick, and being drunk purgeth by Urine exceedingly.

### Harts-Tongue.

Description.] **T**His hath divers Leaves rising from the Root, every one severally, which fold themselves in their first springing and spreading; when they are full grown, are about a foot long, smooth and green above, but hard and with little Sap in them, and straked on the back athwart on both sides of the middle Rib with small and somewhat long and brownish Marks; the bottoms of the Leaves are a little bowed on each side of the middle Rib, somewhat narrow with the length, and somewhat small at the end. The Root is of many black threads, folded or interlaced together.

Time.] It is green all the Winter, but new Leaves spring every year.

Government and Vertues.] Jupiter claims Dominion over this Herb, therefore it is a singular Remedy for the Liver, both to strengthen it when weak, and ease it when afflicted, 'tis no matter by what: you shall do well to keep it in a Syrup all the year, for though Authors say 'tis green all the year, I scarce believe it. *Harts-Tongue* is much commended against the hardness and stoppings of the

Spleen, Liver, Flux, Bloody-flux, Hiccough, Gums, Venomous Beasts.

Spleen and Liver, and against the heat of the Liver and Stomach, and against Lasks, and the Bloody-flux: The destilled Water thereof is also very

good against the Passions of the Heart, and to stay the Hiccough, to help the falling of the Palate, and stay the Bleeding of the Gums being gargled in the Mouth. *Dioscorides* saith, it is good against the Stinging or Biting of Serpents. As for the use of it, my Directions at latter end will be sufficient, and enough for those that are studious in Physick, to whet their Brains upon for one year or two.

### Hazel-Nut.

**H**Azel-Nuts are so well known to every Boy, that they need no Description.

Government and Vertues.] They are under the Dominion of Mercury. The parched Kernels made into an Electuary, or the Milk drawn from the

Kernels with Mead or Honeyed-water, is very good to help an old Cough; and being parched, and a little Pepper put to them and drunk, digesteth the Destillations of Rheum from the Head; The

dried Husks and Shells to the weight of two drams taken in red Wine, stayeth Lasks and Womens Courfes, and so doth the red Skin that covers the Kernels, which is more effectual to stay VVomens Courfes.

And

And if this be true, as it is, then why should the Vulgar so familiarly affirm, that eating Nuts causeth shortness of Breath, than which nothing is falser? For, how can that which strengthens the Lungs, cause shortness of Breath? I confess the Opinion is far elder than I am, I knew Tradition was a Friend to Errors before, but never that he was the Father of Slanders: or are Mens Tongues so given to slandering one another, that they must slander Nuts too, to keep their Tongues in use? If any thing of the Hazel-Nut be stopping, 'tis the Husks and Shells, and no body is so mad to eat them unless phisically, and the red Skin which covers the Kernel, which you may easily pull off. And thus I have made an Apology for Nuts, which cannot speak for themselves.

### Hawkweed.

*Descript.] IT hath many large Leaves lying upon the Ground, much rent or torn on the sides into many gashes like Dandelyon, but with greater parts more like the smooth Sow-Thistle, from among which ariseth a hollow rough Stalk two or three foot high, branched from the middle upward, wherein are set at every Joynt longer Leaves, little or nothing rent or cut, bearing at their top sundry pale yellow Flowers, consisting of many small narrow Leaves, broad pointed, and nicked in at the ends, set in a double row or more, the outermost being larger than the inner, which from most of the Hawk-weeds (for there are many kinds of them) do hold, which turn into Down, and with the small brownish Seeds, is blown away with the Wind: The Root is long and somewhat greater, with many small fibres thereat. The whole Plant is full of bitter Milk.*

*Place.] It groweth in divers places about Field-sides, and the Path-ways in dry Grounds.*

*Time.] It flowereth and flies away in Summer Months.*

*Government and Vertues.] Saturn owns it. Hawk-weed (saith Dioscorides) is cooling, somewhat drying and binding, and therefore good for the heat of the Stomach, and Gnawings therein, for Inflammations, and the hot Fits of Agues. The Juyce thereof in VVine, helpeth Digestion, dissolveth VVind, hindreth Crudities abiding in the Stomach, and helpeth the difficulty of making VVater, the biting of Venomous Serpents, and stinging of the Scorpion, if the Herb be also outwardly applied to the place, and is very good against all other Poysons. A scruple of the dried Juyce given in VVine and*

*Vinegar, is profitable for those that have the Dropsie. The Decoction of the Herb taken with Honey, digesteth thin Flegm in the Chest or Lungs, and with Hyssop helpeth the Cough. The Decoction thereof, and of wild Succory made with VVine and taken, helpeth the VVind-Colick and hardness of the Spleen, it procureth Rest and Sleep, hindreth Venery and Venereous Dreams, cooleth Heats, purgeth the Stomach, encreaseth Blood, and helpeth the Diseases of the Reins and Bladder. Outwardly applied, it is singular good for all the Defects and Diseases of the*

*Cools, Dries, Binds, Gnawing in the Stomach, Inflammations, Agues, Crudities, Dysury, Venomous Beasts, Poyson, Dropsie, Flegm, Colick, Spleen, Watching, Lust stops, Venereous Dreams, Reins, Bladder.*

Eyes,

*Eyes, Ulcers, Burnings, Inflammations, St. Anthony's fire, Heat, Salt, Flegm, Convulsion, Cramp, Freckles, Spots, Morpew, Wrinkles.*

Eyes, used with some Womens Milk, and with good success in fretting or creeping Ulcers especially in the beginning. The green Herb bruised, and with a little Salt applied to any place burnt with Fire before Blisters do arise, helps them, as also Inflammations, St. Anthony's fire and all Pulses and Eruptions, Heat and salt Elegia.

The same applied with Meal and fair Water in manner of a Pultis to any place affected with Convulsion and the Cramp or such as are out of Joynt, doth give help and ease. The distilled Water cleanseth the Skin, and taketh away Freckles, Spots, Morpew or Wrinkles in the Face.

### The Hawthorn.

**I**T is not my intent to trouble you with a Description of this Tree which is so well known that it needeth none.

It is ordinarily but a Hedge-bush, although being pruned and dressed, it groweth to a Tree of a reasonable height.

As for the Hawthorn Tree at *Glaffenbury*, which is said to flower yearly on *Chrifmas-Day*, it rather shews the Superstition of those who observe it for the time of its flowering, than any great wonder, sith the like may be found in divers other places of this Land; as in *Whey-street* in *Rumney-Market*, and near unto *Namptwich* in *Cheshire*, by a place called *White Green*, where about *Chrifmas* and *May*; if the Weather be frosty, it flowreth not until *January*, or that the hard Weather be over.

*Government and Vertues.*] It is a Tree of *Mars*. The Berries or the Seeds in the Berries beaten to Powder, being drunk in Wine, are held singular good against the Stone, and are good for the Dropsie. The distilled Water of the Flowers stayeth the Lask. The Seeds cleared from the Down, bruised and boyled in

Wine, and drunk, is good for inward tormenting pains: If Cloaths and Spunges be wet in the said distilled Water, and applied to any place where in Thorns and Splinters, or the like, do abide in the Flesh, it will notably draw them forth.

And thus you see the Thorn gives a Medicine for his own pricking, and so doth almost every thing else.

### Hemlock.

*Description.*] **T**he common great Hemlock groweth up with a green Stalk, four or five foot high or more, full of red Spots sometimes, and at the Foynts very large winged Leaves set at them, which are divided into many other winged Leaves one set against another, dented about the edges, of a sad green colour, branched towards the top, where it is full of Umbles of white Flowers, and afterwards with whitish flat Seed: The Root is long, white and sometimes crooked, and hollow within. The whole Plant, and every part hath a strong beady and ill-savour'd scent, much offending the Senses.

*Place.*]



Place.] It groweth in all Countries of this Land by Walls and Hedgesides, in waste Grounds, and untilled places.

Time.] It flowereth and seedeth in *July*, or thereabouts.

Government and Vertues.] *Saturn* claims Dominion over the Herb; yet I wonder why it may not be applied to the Privities in a *Priapismus*, or continual standing of the Yard, it being very beneficial for that Disease; I suppose my Authors Judgment was first upon the opposite Disposition of *Saturn* to *Venus* in those Faculties, and therefore he forbade the applying of it to those parts that it might not cause Barrenness, or spoil the Spirit procreative, which if it do, yet applied to the Privities it stops lustful thoughts. Hemlock is exceeding cold, and very dangerous, especially to be taken inwardly. It may safely be applied to Inflammations, Tumors and Swellings in any part of the Body (save the Privy-parts) as also to

*Letchery, Inflammations, St. Anthony's fire, Tetters, Ring-worms, Eyes, Pin and Web, Gout.*

*St. Anthony's fire*, Wheals, Pustles, and creeping Ulcers that rise of hot sharp Humours by cooling and repelling the Heat. The Leaves bruised and laid to the Brow or Forehead, are good for their Eyes that are red and swollen, as also to take away a Pin and Web growing in the Eye, this is a tried Medicine: Take a small handful of the Herb and half so much Bay Salt beaten together, and applied to the contrary Wrist of the hand for twenty four hours, doth remove it in thrice dressing. If the Root thereof be roasted under the Embers wrapped in double wet Papers, until it be soft and tender, and then applied to the Gout in the Hands or Fingers. it will quickly help this evil. If any shall through mistake eat the Herb Hemlock instead of Partley, or the Root instead of a Parsnip (both which it is very like) whereby hapneth a kind of Frenzy, or perturbation of the Senses, as if they were stupid or drunk, the Remedy is, as *Pliny* saith, To drink of the best and strongest pure Wine, before it strike to the Heart, or Gentian put in Wine, or a draught of good Vinegar, wherewith *Tragus* doth affirm, That he Cured a Woman that had eaten the Root.

## Hemp.

THIS is so well known to every good House-wife in the Country, that I shall not need to write any Description of it.

Time.] It is sown in the end of *March*, or beginning of *April*, and is ripe in *August* or *September*.

Government and Vertues.] It is a Plant of *Saturn*, and good for something else you see, than to make Halters only.

The Seed of Hemp consumeth Wind, and by the much use thereof disperseth it so much that it dryeth up the Natural Seed for Procreation; yet being boyied in Milk and taken, helpeth such as have a hot dry Cough. The Dutch make an

*Wind, Cough, Faundice, Gall, Choler, Flux, Choleric, Bleeding, Worms, Earwigs, Inflammation, Gout, Sinews shrunk.*

Emulsion out of the Seed, and give it with good success to those that have the Jaundice, especially in the beginning of the Disease, if there be no

Ague

Ague accompanying it, for it openeth Obstructions of the Gall, and causeth digestion of Choler. The Emulsion or Decoction of the Seed stayeth Lask and continual Fluxes, easeth the Colick, and allayeth the troublesome Humors in the Bowels, and stayeth Bleeding at the Mouth, Nose, or other place, some of the Leaves being fried with the Blood of them that bleed and so given them to eat. It is held very good to kill the VVorms in Man or Beast, and the Juyce dropped into the Ears, killeth VVorms in them and draweth forth Earwigs, or other living Creatures gotten into them. The Decoction of the Root allayeth Inflammation in the Head or any other parts, the Herb it self, or the distilled VVater thereof doth the like. The Decoction of the Roots easeth the Pains of the Gout, the hard Tumors or Knots in the Joynts, the Pains and Shrinkings of the Sinews, and the Pains of the Hips: The fresh Juyce mixed with a little Oyl and Butter, is good for any place that hath been burnt with Fire, being thereto applied.

### Henbane.

**Description.]** OUR common Henbane hath very large, thick, soft, woolly Leaves lying upon the Ground, much cut in or torn on the edges, of a dark ill grayish green colour, among which arise up divers thick and short Stalks two or three foot high, spread into divers smaller Branches with lesser Leaves on them, and many hollow Flowers scarce appearing above the Husks, and usually torn on the one side, ending in five round points growing one above another, of a deadish yellow colour, somewhat paler towards the edges, with many purplish Veins therein, and of a dark yellowish purple in the bottom of the Flower with a small pointel of the same colour in the middle, each of them standing in a hard close Husk, which after the Flower is past, groweth very like the Husk of Asarabacca, and somewhat sharp at the top points, wherein is contained much small Seed very like Poppy-seed, but of a dusky grayish colour. The Root is great, white and thick, branching forth divers ways under Ground so like a Parsnip Root (but that it is not so white) that it hath deceived divers. The whole Plant more than the Root hath a heavy ill soporiferous smell, somewhat offensive.

**Place.]** It commonly groweth by the VVay-sides, and under Hedge-sides and VValls.

**Time.]** It flowreth in July, and springeth again yearly of its own Seed. I doubt my Authors mistook July for June, if not for May.

**Government and Vertues.]** I wonder in my heart, how Astrologers could take on them to make this an Herb of Jupiter, and yet Mezzaldus, a Man of a penetrating Brain, was also of that Opinion as well as the rest: the Herb is indeed under the Dominion of Saturn, and I prove it by this Argument:

All the Herbs which delight most to grow in Saturnine places, are Saturnine Herbs.

But Henbane delights most to grow in Saturnine places, and whole Cart-Loads of it may be found near the places where they empty the common Jakes,

Jakes, and scarce a Ditch to be found without it growing by it. Ergo 'tis an Herb of Saturn.

The Leaves of Henbane do cool all hot Inflammations in the Eyes, or any other part of the Body; and are good to assuage all manner of Swellings of the Cods or Womens Breasts, or elsewhere, if they be boyled in Wine, and either applied themselves or the Fomentation warm, it also assuageth the Pain of the Gout, the Sciatica, and all other Pains in the Joynts which arise from an hot Cause. And applied with Vinegar to the Fore-head and Temples, helpeth the Head-ach and want of Sleep in hot Fevers. The Juyce of the Herb or Seed, or the Oyl drawn from the Seed doth the like. The Oyl of the Seed is helpful for the Deafness, Noise, and Worms in the Ears, being dropped therein; the Juyce of the Herb or Root doth the same. The Decoction of the Herb or Seed or both killeth Lice in Man and Beast. The Fume of the dried Herb, Stalks and Seed burned, quickly healeth Swellings, Chilblains, or Kibes in the Hands or Feet by holding them in the Fume thereof. The Remedy to help those that have taken Henbane, is to drink Goats Milk, Honeyed Water, or Pine Kernels, with sweet Wine: Or in the absence of these, Fenel-seed, Nettle-seed, the Seed of Cresses, Mustard, or Raddish, as also Onions or Garlick taken in Wine, do all help to free them from danger, and restore them to their due temper again.

*Inflammations, Cods, Womens Breasts, Gout, Sciatica, Joynts, Wasching, Deafness, Noise in the Ears, Chilblains, Kibes.*

Take Notice, That this Herb must never be taken inwardly; outwardly, an Oyl, Oyntment, or Plaister of it, is most admirable for the Gout; to cool the Venereal Heat of the Reins in the French Pox; to stop the Tooth-ach being applied to the aking side; to allay all Inflammations, and to help the Diseases before premised.

*French-Pox, Tooth-ach.*

### Hedge-Hysop.

Description.] **D**ivers sorts there are of this Plant, the first of which is an Italian by Birth, and only Nursed up here in the Gardens of the Curious. Two or three sorts are to be found commonly growing wild here; the Description of two of which I shall give you: The first is a smooth low Plant, not a foot high, very bitter in taste, with many square Stalks diversly branched from the bottom to the top, with divers Foynts, and two small Leaves at each Foynt, broader at the bottom than they are at the end, a little dented about the edges, of a sad green colour, and full of Veins. The Flowers stand at the Foynts, being of a fair purple colour, with some white spots in them, in fashion like those of dead Nettles: The Seed is small and yellow, and the Roots spread much under Ground.

The second seldom groweth half a foot high, sending up many small Branches, wherein grow many small Leaves set one against the other somewhat broad, but very short: The Flowers are like the Flowers of the other in fashion, but of a pale reddish colour: The Seeds are small and yellowish: the Root spreadeth like the other, neither will it yield to its fellow one ace of bitterness.

*Place.]*

*Place.*] They grow in wet low Grounds, and by the Water-sides: the last may be found among the Bogs on *Hampstead Heath*.

*Time.*] They flower in *June* and *July*, and the Seed is ripe presently after.

*Government and Vertues.*] They are Herbs of *Mars*, and as cholerick and churlish as he is, being most violent purgers, especially of *Choler* and *Flegm*: It is not safe taking them inwardly, unless they be well rectified by the Art of the Alchymist, and only the purity of them given; if so used, they may be very healthful both for the *Dropsie*, *Gout* and *Sciatica*: outwardly used in Ointments, they kill Worms, the Belly being anointed with it; and are excellent good to cleanse old and filthy Ulcers.

### Black Hellebore.

It is called also *Setter-wort*, *Setter-grass*, *Bears-foot*, *Christmas-Herb* and *Christmas-Flower*.

*Description.*] It hath sundry fair green Leaves rising from the Root, each of them standing about a handfull high from the Earth, each Leaf is divided into seven, eight or nine parts, dented from the middle of the Leaf to the point on both sides, abiding green all the Winter; about *Christmas-time*, if the Weather be any thing temperate, the Flowers appear upon Foot-stalks, also consisting of five large, round, white Leaves a-piece, which sometimes are purple towards the edges, with many pale yellow Thrums in the middle: the Seeds are divided into several Cells like those of *Columbines*, save only they are greater, the Seeds are in the colour black, and in form long and round: The Root consisteth of a number of numberless blackish Strings, all united into one Head.

There is another black Hellebore which groweth up and down in the Woods very like this, but that only the Leaves are smaller and narrower, and perish in the Winter when this doth not.

*Place.*] The first is maintained in Gardens: The second is commonly found in the Woods in *Northamptonshire*.

*Time.*] The first flowreth in *December* or *January*; the second in *February*, or *March*.

*Government and Vertues.*] It is an Herb of *Saturn*, and therefore no marvel if it have some sullen conditions with it, and would be far safer, being purified by the Art of the Alchymist, than given raw. If any have taken any harm by taking it, the common Cure is to take Goats Milk; if you cannot get Goats Milk, you must make a shift with such as you can get. The Roots are very effectual against all *Melancholy Diseases*, especially such as are of long standing, as *Quartan Agues*, and *madness*; it helps the *Falling-*



ides: calling-sickness, and the Leprosie, both the yellow and the black Jaundice, the Gout, Sciatica, Convulsion, and truly this was found out by experience, That the Roots of that which groweth wild in our own Country, works not so churlishly as those do which are brought from beyond Sea, as being maintained by a more temperate Air. The Root used as a Pessary, provokes the Terms exceedingly; also being beaten into Powder and strewed upon foul Ulcers, it consumes the dead Flesh, and instantly heals them; may, it will help Gangreens in the beginning; twenty grains taken inwardly is a sufficient Dose for one time, and let that be corrected with half so much Cinnamon; Country People used to rowel their Cattel with it: if a Beast be troubled with the Cough, or have taken any Poyson, they bore a hole through his Ear, and put a piece of the Root in it; this will help him in twenty four hours time. Many other uses Farriers put it to, which I shall forbear.

### Herb-Robert.

Description.] *It riseth up with a reddish Stalk two foot high, having divers Leaves thereon upon very long and reddish Foot-stalks, divided at the ends into three or five divisions, each of them cut in on the edges, some deeper than others, and all dented likewise about the edges, which oftentimes turn reddish: At the tops of the Stalks come forth divers Flowers made of five Leaves, much larger than the Doves Foot, and of a more reddish colour, after which come beak Heads as in others: The Root is small and threddy, and smelleth as the whole Plant, very strong, almost stinking.*

Place.] This groweth frequently every where by Way-sides, upon Ditch-banks, and waste Grounds wheresoever one goeth.

Time.] It flowereth in June and July chiefly, and the seed is ripe shortly after.

Government and Vertues.] It is under the Dominion of Venus. Herb-Robert is commended not only against the Stone, but to stay Blood, where, or howsoever flowing; it speedily healeth all green Wounds, and is effectual in old Ulcers in the Privy Parts, or elsewhere. You may perswade your self this is true, and also conceive a good reason for it, if you do but consider 'tis an Herb of Venus, for all it hath a mans Name.

Stone, Bleeding, Terms stops, Wounds, Ulcers in the Privities.

### Herb True-love, or One-berry.

Description.] *Ordinary Herb True-love hath a small creeping Root running under the upper Crust of the Ground, somewhat like a Couch-grass-Root, but not so white, shooting forth Stalks with Leaves, some whereof carry no Berries, though others do, every Stalk smooth without Foynts, and blackish green, rising about half a foot high if it bear Berries, otherwise seldom so high, bearing at the top four Leaves set directly one against another in manner of a Cross or Ribband tyed (as it is called) on a true Loves Knot, which are each of them apart somewhat like unto a Nightshade-Leaf, but some*

somewhat broader, having sometimes three Leaves, sometimes five, sometimes and those sometimes greater than in others. In the middle of the four Leaves riseth up one small slender Stalk, about an Inch high, bearing at the top thereof a Flower spread open, like a Star, consisting of four small and long narrow pointed Leaves of a yellowish green colour, and four other lying between them lesser than they; in the middle whereof stands a round dark purplish button or head, composed about with eight small yellow mealy threads with three colours, make it the most conspicuous, and lovely to behold: This button or head, in the middle, when the other Leaves are withered, becometh a blackish purple Berry full of Juyce, the bigness of a reasonable Grape, having within it many white Seeds. The whole Plant is without any manifest taste.

**Place.]** It groweth in Woods and Copfes, and sometimes in the corners or borders of Fields, and waste Grounds in very many places of this Land, and abundantly in the Woods, Copfes, and other places about Chislehurst and Maidstone in Kent.

**Time.]** They spring up in the middle of April or May, and are in flower soon after: The Berries are ripe in the end of May, and in some places in June.

**Government and Vertues.]** Venus owns it. The Leaves or Berries here are effectual to expel Poyson of all sorts, especially that of the Aconites; as also the Plague, and other Pestilential Diseases. Some have been holpen thereby, saith *Mathiolus*, that have lyen long in a lingering Sickness, and others that by Witchcraft (as it was thought) were become half foolish, by taking a dram of the Seeds or Berries hereof in Powder every day for twenty days together, they were

restored to their former health. The Roots in Powder taken in Wine cures the Pains of the Colick speedily: The Leaves are very effectual as well for green Wounds, as to cleanse and heal up filthy old Sores and Ulcers; and is very powerful to disperse all Tumors and Swellings in the Cods, Privy Parts, or Groin, or in any part of the Body, and speedily to allay all Inflammations. The Leaves or the Juyce applied to Felons, or those Nails of the Hands or Toes that have Imposthumes or Sores gathered together at the Roots of them, healeth them in short space.

The Herb is not to be described for the Premises, but is fit to be nourished in every good Womans Garden.

### Hyssop.

**H**Yssop is so well known to be an Inhabitant in every Garden, that it will save me labour in writing a Description thereof. The Vertues are as followeth:

**Temperature and Vertues.]** The Herb is Jupiters, and the Sign Cancer. It strengthens all the parts of the Body under Cancer and Jupiter; which what they may be, is found amply discoursed in my *Astrological Judgment of Diseases*. *Dioscorides* saith, That Hyssop boiled with Rue and Honey and drunk, helpeth those

those that are troubled with Coughs, shortness of Breath, Wheezing and Rheumatick Distillations upon the Lungs: taken also with Oxymel, it purgeth gross humors by the stool; and with Honey killeth Worms in the Belly; and with fresh or new Figs bruised, helpeth to loosen the Belly, and more forcibly if the Root of Flower-de-luce and Cresses be added thereto. It amendeth and cherisheth the native Colour of the Body, spoiled by the Yellow Jaundice, and being taken with Figs and Nitre, helpeth the Dropsie and Spleen. Being boyled with Wine, it's good to wash Inflammations; and taketh away the black and blew spots and marks that come by strokes, bruises or falls, being applied with warm Water. It is an excellent Medicine for the Quinsie, or swelling in the Throat, to wash and gargle it, being boyled with Figs. It helpeth the Tooth-ach, being boyled in Vinegar, and gargled therewith. The hot Vapours of the Decoction taken by a Funnel in at the Ears, easeth the Inflammation and ringing Noise of them. Being bruised, and Salt, Honey and Cummin-seed put to it, it helpeth those that are stung by Serpents. The Oyl thereof (the Head being anointed) killeth Lice, and taketh away Itching of the Head. It helpeth those that have the Falling-sickness, which way soever it be applied. It helpeth to expectorate tough Flegm, and is effectual in all cold Grievs, or Diseases of the Chest and Lungs, being taken either in a Syrup or licking Medicine. The green Herb bruised, and a little Sugar put thereto, doth quickly heal any Cut or green Wound, being thereunto applied.

### Hops.

These are so well known, that they need no Description, I mean the Matured kind, which every good Husband or Houfewise is acquainted with. The wild Hop groweth up as the other doth, ramping upon Trees or Hedges that stand next unto them, with rough Branches and Leaves like the former; but it giveth smaller heads, and in far less plenty than it, so that there is scarce a head or two seen in a Year on divers of this wild kind, wherein consisteth the chief difference.

[Place.] They delight to grow in low moist Grounds, and are found in all parts of this Land.

[Time.] They spring not up until April, and flower not until the latter end of June; the heads are not gathered until the middle or latter end of September.

[Government and Vertues.] It is under the Dominion of Mars. This in Physicall Operations, is to open Obstructions of the Liver & Spleen, to cleanse the Blood, to loosen the Belly, to cleanse the Reins from Gravel, and provoke Urine. The Decoction of the tops of Hops, as well of the tame as the wild, worketh the same effects. In cleansing the Blood they help to Cure the French Disease, and all manner of Scabs, Itch, and

Liver, Spleen, Obstructions, Blood, Reins cleanseth; French-Pox, Scabs, Itch, Tetter, Ring-worms, Morpew, Poyson, Worms, Terns provokes; Dysury, other

*Yellow-Jaundice, Liver, Stomach, Agues.* other breakings out of the Body, as also all Tetters, Ringworms and spreading Sores, the Morphea and all Discolourings of the Skin. The Decoction

of the Flowers and Tops do help to expel Poyson that any one hath drunk. Half a dram of the Seed in Powder taken in drink, killeth Worms in the Body, bringeth down Womens Courses, and expelleth Urine. A Syrup made of the Juyce and Sugar, cureth the Yellow-Jaundice, easeth the Head-ach that comes of Heat, and tempereth the heat of the Liver and Stomach, and is profitable given in long and hot Agues that rise in Choler and Blood. Both the wild and the manured are of one property, and alike effectual in all the aforefaid Diseases.

By all these Testimonies, Beer appears to be better than Ale.

Mars owns the Plant, and then Dr. Reason will tell you how it performs these Actions.

### Horehound.

**Descript.]** Common Horehound groweth up with square hairy Stalks, half a yard or two foot high, set at the joynts with two round crumpled rough Leaves, of a sullen hoary green colour, of a reasonable good scent, but a very bitter taste. The Flowers are small white and gaping, set in a rough, hard, prickly Husk, round about the joynts with the Leaves from the middle of the Stalk upward, wherein afterwards is found small, round, blackish Seed. The Root is blackish, hard and woody, with many strings thereat, and abideth many years.

**Place.]** It is found in many parts of this Land, in dry Grounds, and waste green places.

**Time.]** It flowreth in and about July, and the Seed is ripe in August.

**Government and Vertues.]** It is an Herb of Mercury. A Decoction of the dried Herb with the Seed, or the Juyce of the green Herb taken with Honey,

*Difficulty of Breath, Cough, Consumption, Flegm, Terms provoke, After-birth, Weariness, Poyson, Venomous Beasts, Ulcers, Sides, Eyes, Yellow Jaundice, Ears, Obstructions of the Liver and Spleen, Liver, Itch, Tetters, Worms, Dogs bitings, Womens Breasts, Thorns, Asthmaes.*

is a Remedy for those that are Purse or Short-winded, or have a Cough, or are fallen into a Consumption either through long Sickness, or thin Diffillations of Rheum upon the Lungs. It helpeth to expectorate tough Flegm from the Chest, being taken from the Roots of Iris or Orris. It is given to Women to bring down their Courses, to expel the After-birth, & to them that have sore and long Travels, as also to those that have taken Poyson, or are stung or bitten by Venomous Serpents. The Leaves used with Honey, purge foul Ulcers, stay running or creeping Sores, and the growing of the Flesh over the Nails. It also helpeth Pains of the Sides. The Juyce thereof with Wine and Honey, helpeth to clear the Eyesight, and snuffed up into the Nostrils, purgeth away the



the Yellow Jaundice, and with a little Oyl of Roses dropped into the Ears easeth the pains of them. Galen saith it openeth Obstructions both of the Liver and Spleen, purgeth the Breast and Lungs of Flegm: and used outwardly it both cleanseth and digesteth. A Decoction of *Horeboud* (saith *Matthiolus*) is available for those that have bad Livers, and for such as have Itches and running Tetters. The Powder hereof taken, or the Decoction, killeth Worms. The green Leaves bruised & boiled in old Hogs-grease unto an Ointment, healeth the bitings of Dogs, abateth the Swellings of Womens Breasts, and taketh away the Swellings and Pains that come by any pricking of Thorns, or such like means, and used with Vinegar, it cleanseth and healeth Tetters. There is a Syrup made of *Horeboud* to be had at the Apothecaries, very good for old Coughs to rid the tough Flegm; as also to avoid cold Rheum from the Lungs of old Folks, and for those that are Asthmatick or short-winded.

### Horstail.

OF that there are many kinds; but I shall not trouble you nor my self with any large Description of them, which to do were but as the Proverb is, *To find a Knot in a Rush*. All the kinds hereof being nothing else but knotted Rushes, some with Leaves, and some without. Take the Description of the most eminent sort as followeth.

*Descript.*] The great *Horstail* at the first springing hath Heads somewhat like those of *Asparagus*, and after grow to be hard, rough, hollow Stalks, joyned at sundry places up to the top, a foot high, so made as if the lower part were put into the upper, whereat grow on each side a bush of small long Rush-like hard Leaves; each part resembling a Horse-tail (from whence it was so called) At the tops of the Stalks come forth small Catkins like those of Trees. The Root creepeth under ground having joyns at sundry places.

*Place.*] This (as the most of other sorts hereof) groweth in wet Grounds.

*Time.*] They spring up in April, and their blooming Catkins in July, feeding for the most part in August, and then perish down to the ground, rising afresh in the Spring.

*Government and Vertues.*] The Herb is belonging to Saturn, yet is very harmless, and excellent good for the things following; Horstail, the smoother rather than the rough, and the leaved rather than the bare, are most Physical. It is very powerful to stanch Bleeding, wheresoever, either inward or outward, the Juyce or the Decoction thereof being drunk, or the Juyce, Decoction, or distilled Water applied outwardly, It stayeth also all sorts of Lasks and Fluxes in Man or Woman, and the Pissing of Blood, and healeth also not only the inward Ulcers, and Excoriations of the Entrails, Bladder, &c. but all other sorts of foul, moist and running Ulcers, and soon sodereth together the tops of

*Bleeding, Flux, Terms stops, Pissing Blood, Inward Ulcers, Excoriations of the Bladder, Ulcers, Wounds, Ruprures, Dysury, Stone, Strangury, Cough, Inflammations, Pimples, red Faces*

green Wounds. It Cureth also Ruptures in Children. The Decoction thereof in Wine being drunk, provoketh Urine, and helpeth the Stone and the Strangury: and the distilled Water thereof drunk two or three times in a day, and a small quantity at a time; as also easeth the Entrails or Guts, and is effectual against a Cough that comes by distillation from the Head. The Juyce or distilled VVater being warmed, and hot Inflammations, Pustules, or red VVheals, and other breakings out in the Skin, being bathed therewith doth help them; and doth no less ease the swelling heat and Inflammation of the Fundament or Privy Parts in Man or VVoman.

### Housleek, or Sengreen.

**B**oth these are so well known unto my Countrymen, that I shall not need to write any Description of them.

*Place.*] It groweth commonly on VValls and House-sides, and flowereth in July.

*Government and Vertues.*] It is an Herb of *Jupiter*, and it's reported by *Mizaldus*, to preserve what it grows upon from Fire and Lightning. Our ordipary Housleek is good for all inward Heats as well as outward, and in the Eyes or other parts of the Body, a Posset made with the Juyce of Housleek

*Heat, Eyes, Agues, Thirst, Salt Rheums, Ears, Terms, Drops, Fluxes, Inflammations, St. Anthony's Fire, Burning, Scaldings, Tetters, Ring-worms, Corns on the Hands and Feet, Head-ach, Frenzie, Watching, Bleeding, Nettles, Bees.*

is singular good in all hot Agues, for it cooleth and tempereth the Blood and Spirits, and quencheeth the Thirst: and is also good to stay all hot defluxions of sharp and salt Rheums in the Eyes, the Juyce being dropped into them, or into the Ears, helpeth them. It helpeth also other Fluxes of Humors in the Bowels, and the immoderate Courses of Women. It cooleth and restraineth also all other hot Inflammations, *St. Anthony's Fire*, Scaldings and Burnings, the Shingles, fretting Ulcers, Cankers, Tetters, Ring-worms,

and the like; and much easeth the pain of the Gout proceeding from an hot cause. The Juyce also taketh away Warts and Corns in the Hands or Feet, being often bathed therewith, and the Skin and Leaves being laid on them afterwards. It easeth also the Head-ach, and distempered Heat of the Brain in Frenzies, or through want of Sleep, being applied to the Temples and Fore-head. The Leaves bruised and laid upon the Crown or Seam of the Head, stayeth Bleeding at the Nose very quickly. The distilled VVater of the Herb is profitable for all the purposes aforesaid. The Leaves being gently rubbed on any place stung with Nettles or Bees doth quickly take away the pain.

### Hounds-Tongue.

*Description.*] **T**he great ordinary Hounds-Tongue hath many long and somewhat narrow, soft, hairy darkish green Leaves, lying on the Ground somewhat like unto Bugloss-Leaves, from among which riseth up a rough hairy Stalk about two foot high, with some smaller Leaves thereon, and branched at the top into divers parts, with a small Leaf at the foot of every Branch which is somewhat long, with many Flowers set along the same, which Branch is crooked

or turneth inwards before it flowereth, and openeth by degrees as the Flowers do blow, which consist of small purplish red Leaves of a dead colour, scarce rising out of the Husk wherein they stand with some threds in the middle. It hath sometimes a white Flower. After the Flowers are past, there cometh rough flat Seed, with a small pointel in the middle, easily cleaving to any Garment that it toucheth, and not so easily pulled off again. The Root is black, thick and long, hard to break, and full of a clammy Juyce, smelking somewhat strong, of an evil scent, as the Leaves also do.

*Place.*] It groweth in moist places of this Land, in waste Grounds, and untilled places by High-way-sides, Lanes and Hedge-sides.

*Time.*] It flowreth about May and June, and the Seed is ripe shortly after.

*Government and Vertues.*] It is a Plant under the Dominion of Mercury: The Root is very effectually used in Pills, as well as the Decoctions, or otherwise, to stay all sharp & thin Defluxions of Rheum

from the Head into the Eyes or Nose; or upon the Stomach or Lungs, as also for Coughs or shortness of Breath. The Leaves boyled in VVine (saith Dioscorides) but others do rather appoint it to be made with VVater, and do add thereto Oyl and Salt, mollifieth or openeth the Belly downward.

It also helpeth to cure the biting of a mad Dog, some of the Leaves being also applyed to the VVound: The Leaves bruised, or the Juyce of them boyled in Hogs Lard, and applyed, helpeth the falling away of the Hair, which cometh of hot and sharp Humors; as also for any place that is scalded or burnt: the Leaves bruised and laid to any green Wound, doth heal it up quickly: the Root baked under the Embers wrapped in Paste, or wet Paper, or in a wet double Cloth, and thereof a Suppository made, and put up into, or applyed to the Fundament, doth very effectually help the painful Piles or Hemorrhoids. The distilled Water of the Herbs and Roots, is very good to all the purposes aforesaid, to be used as well inwardly to drink, as outwardly to wash any sore places, for it healeth all manner of Wounds and Punctures, and those foul Ulcers that arise by the French-Pox.

Mizaldus adds to this, That the Leaves laid under the Feet, will keep the Dogs from barking at you; Hounds-Tongue, because it ties the Tongues of Hounds, whether it be true or not, I never tried: yet I have cured the Biting of a mad Dog with this only Medicine.

Holly, Holm, or Hulver-bush,

FOR to describe a Tree so well known, is needless.

*Government and Vertues.*] The Tree is really Saturnine. The Berries expel Wind, and therefore are held to be profitable in the Colick. The Berries have a strong faculty with them: for if you eat a dozen of them in the Morning fasting when they are ripe, and not dried, they purge the Body of gross and clammy flegm; but if you dry the Berries, & beat them into

Eyes, Nose, Stomach, Lungs  
Shortness of Breath, Mad  
Dogs, Scalding, Burn-  
ing, Hemorrhoids, Wounds,  
Ulcers, French-Pox.

Powder, they bind the Body and stop Fluxes, Bloody-Fluxes, and the Term in Women: The Bark of the Tree, and also the Leaves are excellent good being used in Fomentations for broken Bones and such Members as are out of Joynt. Pliny saith, the Branches of the Tree defend Houses from Lightning, and Men from Witchcraft.

### St. John's wort.

**Descript.]** Common St. John's wort, shooteth forth brownish, upright, bare round Stalks, two foot high, spreading many Branches from the sides up to the tops of them, with two small Leaves set one against another at every place, which are of a deep green colour somewhat like the Leaves of the lesser Centaury, but narrower, and full of small holes in every Leaf, which cannot so well perceived as when they are held up to the light. At the tops of the Stalks and Branches stand yellow Flowers made of five Leaves a piece, with many yellow threads in the middle, which being bruised do yield a reddish Juice like Blood, after which come small round Heads, wherein is contained small blackish Seed smelling like Rozin. The Root is hard and woody, with divers strings and fibres at it, and of a brownish colour, which abideth in the ground many years, shooting anew every Spring.

**Place.]** This groweth in Woods and Copfes, as well those that are shaded as open to the Sun.

**Time.]** They flower about Mid-summer, and in July, and their Seed is ripe in the latter end of July or August.

**Government and Vertues.]** It is under the Cœlestial Sign Leo, and under the Dominion of the Sun. It may be if you meet with a Papist that is an Astrologer, he will tell you St. John made it over to him by a Letter of Attorney, especially if withal he be a Lawyer also. St. John's wort is a singular

Wounds, Bruises, Obstruction, Swellings, Spitting and Vomiting Blood, Venomous Beasts, Dysury, Choler, Agues, Sciatica, Falling-sickness, Palsie.

Wound Herb as any other whatsoever, either for inward Wounds, Hurts or Bruises, to be boyled in Wine and drunk, or prepared into Oyl or Oyntment, Bath or Lotion outwardly. It hath power to open Obstructions, to dissolve Swellings, to close up the lips of Wounds, and to strengthen the parts that are weak and feeble. The Decoction of the Herb and Flowers, but of the Seed especially in Wine, being drunk, or the Seed made in a Powder, and drunk with the Juice of Knot-grass, helpeth all manner of Spitting and Vomiting of Blood, be it by any Vein broken inwardly by Bruises, Falls or however. The same helpeth those that are Bitten or Stung by any Venomous Creature: and is good for those that are troubled with the Stone in the Kidneys; or that cannot make Water; and being applied, provoketh Womens Courses. Two drams of the Seed of St. John's wort made into Powder, and drunk in a little Broth, doth gently expel Choler or congealed Blood in the Stomach: The Decoction of the Leaves and Seeds being drunk somewhat warm before the fits of Agues whether they be Tertians, or Quartans, doth



doth alter the fits, and by often using, doth take them quite away: The Seed is much commended being drunk for forty days together, to help the Sciatica, the Falling-sickness and the Palsie.

Ivy.

It is well known to every Child almost to grow in Woods upon the Trees, and upon the stone Walls of Churches, Houses, &c. and sometimes to grow alone of it self, though but seldom.

Time.] It floweth not until July, and the Berries are not ripe till Christ-mas that they have felt Winter Frosts.

Government and Vertues.] It is under the Dominion of Saturn. A Pupil of the Flowers, which may be about a dram (saith Dioscorides) drunk twice a day in red Wine, helpeth the Lask and Bloody-Flux. It is an Enemy to the Nerves and Sinews being much taken inwardly, but very helpful unto them being outwardly applied. Pliny saith, That the yellow Berries are good against the Jaundice and taken before one be set to drink hard, preserveth from Drunkenness, and helpeth those that spit Blood: and that the white Berries being taken inwardly, or applied outwardly, killeth the Worms in the Belly. The Berries are a singular Remedy to prevent the Plague, as also to free them

Flux, Bloody-Flux, Faundive, Spitting Blood, Worms, Drunkenness, Pestilence, Stone, Dysfury, Terms provokes, Spleen, Stitch, Head-ach, Ulcers, Wounds, Burnings, Scaldings, Salt, Flegm, Rheum, Sore Eyes.

from it that have got it, by drinking the Berries thereof made into Powder, for two or three days together: They being taken in Wine, do certainly help to break the Stone, provoke Urine and Womens Courses. The fresh Leaves of Ivy, boiled in Vinegar, and applied warm to the Sides of those that are troubled with the Spleen, Ach or Stitch in the Sides, doth give them much ease: the same applied with some Rose-water and Oyl of Roses to the Temples and Forehead, easeth the Head-ach, though it be of long continuance. The fresh Leaves boyled in Wine, and old filthy Ulcers hard to be Cured washed therewith, doth wonderfully help to cleanse & heal them: It also quickly healeth green Wounds, as also it is effectual to heal all burnings and scaldings, and all kinds of exulcerations coming thereby, or by salt flegm or humours in other parts of the Body. The Juyc of the Berries or Leaves snuffed up into the Nose, purgeth the Head and Brain of thin Rheum that maketh Defluxions into the Eyes and Nose, and Cureth the Ulcers and stench therein: the same dropped into the Ears, helpeth the old and running Sores of them: those that are troubled with the Spleen shall find much ease by continual drinking out of a Cup made of Ivy, so as the drink may stand some small time therein before it be drunk. Cato saith, That Wine put into such a Cup will soak through it, by reason of the Antipathy that is between them.

There seems to be a very great Antipathy between Wine and Ivy; for if any have got a Surfeit by drinking Wine, his speediest Cure is to drink a draught of the same Wine wherein a handful of Ivy Leaves being first bruised have been boyled,

## Juniper-Bush.

**F**OR to give a Description of a Bush so commonly known is needless. *Place.*] They grow plentifully in divers Woods in *Kent*, upon *Warnham* Common near *Brent-Wood* in *Essex*, upon *Finchly*-Common without *Highgate*, hard by the *New-found Wells* near *Dullage*, upon a Common between *Mitcham* and *Croydon*, in the High-way near *Amersham* in *Buckinghamshire* and many other places.

*Time.*] The Berries are not ripe the first year, but continue green two Summers and one Winter before they be ripe; at which time they are of a black colour, and therefore you shall always find upon the Bush green Berries: the Berries are ripe about the Fall of the Leaf.

*Government and Vertues.*] This admirable Solar Shrub is scarce to be paralleld for his Vertues. The Berries are hot in the third degree, and dry but in the first, being a most admirable Counter-Poyson, and as great a resister of the Pestilence as any grows; they are excellent good against the Bitings of Venomous Beasts, they provoke Urine exceedingly, and therefore are very available to Dysuries and Stranguries: It is so powerful a Remedy against the Dropisie, that the very Lye made of the Alhes of the Herb being drunk, Cures the Disease; it provokes the Terms, helps the Fits of the Mother, strengthens the Stomach exceedingly, and expels VVind: indeed there is scarce a better Remedy for VVind in any part of the Body, or the Colick, than the Chymical Oyl drawn from the Berries: such Countrey People as know not how to draw the Chymical Oyl may content themselves by eating ten or a dozen of the ripe Berries every Morning fasting, they are admirable good for the Cough, shortness of Breath, and Consumption, Pains in the Belly, Ruptures, Cramps and Convulsions; they give safe and speedy Delivery to VVomen

Counter-Poyson, Pestilence, Venomous Beasts, Urine provoketh, Dysury, Strangury, Dropisie, Terms provoketh, Mother-fits, Stomach, Wind expels, Colick, Cough, Skornells of Breath, Consumption, Pains in the Belly, Ruptures, Cramp, Convulsions, Speedy Delivery to Women, Brain, Memory, Sight, Agues, Gout, Sciatica, Limbs strengtheneth, Scurvy, Fluxes, stop Piles, Worms, Itch, Scab, Leprosie, Stone, Appetite provoketh, Palsies, Falling-sickness.

with Child, they strengthen the Brain exceedingly, help the Memory, and fortifie the Sight by strengthening the Optick Nerves: They are excellent good in all sorts of Agues; they help the Gout and Sciatica, and strengthen all the Limbs of the Body. The Alhes of the VVood is a special Remedy to such as have the Scurvy, to rub their Gums with: The Berries stay all Fluxes, help the Hemorrhoids or Piles, and kill VVorms in Children: A Lye made of the Alhes of the VVood, and the Body bathed with it, cures the Itch, Scabs and Leprosie: The Berries break the Stone, procure Appetite when it is lost, and are excellent good for Palsies and Falling-sickness.

Kidney-

Kidney-wort, or Wall-Peny-royal, or Wally-Peny-wort.

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**Descript.]** It hath many thick, flat, and round Leaves growing from the Root, every one having a long foot-stalk fastened underneath, about the middle of it, and a little unevenly waved sometimes about the edges, of a pale green colour, and somewhat yellow on the upper side like a Sawcer; from among which rise one or more tender smooth hollow stalks half a foot high, with two or three small Leaves thereon, usually not round as those below, but somewhat long and divided at the edges: The tops are somewhat divided into long branches, bearing a number of Flowers, set round about a long spike one above another, which are hollow, and like a little Bell, of a whitish green colour, after which come small Heads, containing very small brownish Seed, which falling on the Ground, will plentifully spring up before Winter, if it have moisture. The Root is round, and most usually smooth, grayish without, and white within, having small fibres at the head of the Root, and bottom of the Stalk.

**Place.]** It groweth very plentifully in many places of this Land, but especially in all the VVest parts thereof, upon Stone and Mud VValls, upon Rocks also, and in stony places upon the Ground, at the bottom of old Trees, and sometimes on the Bodies of them that are decayed and rotten.

**Time.]** It usually flowreth in the beginning of May, and the Seed ripening quickly after, sheddeth it self: so that about the end of May, usually the Leaves and Stalks are withered, dry, and gone until September, that the Leaves spring up again, and so abide all VVinter.

**Government and Vertues.]** Venus challengeth the Herb under *Libra*. The Juyce or the distilled VVater being drunk, is very effectual for all Inflammations and unnatural Heats, to cool a fainting hot Stomach, or a hot Liver, or the Bowels: The bruised Herb, or the place bathed with the Juyce or distilled VVater thereof, and outwardly applyed healeth Pimples, Redness, St. Anthony's fire, and other outward Heats and Inflammations. The said Juyce or Water, helpeth much also to heal sore Kidneys, torn or fretted by the Stone, or exulcerated within, and easeth the pains: It also provoketh Urine, and is available for the Dropsie, and helpeth to break the Stone, cooling the inflamed parts, and other pains of the Bowels and the Bloody-flux. It is singular good to cool the painful Piles, or Hemorrhoidal Veins, the Juyce being used as a Bath unto them, or made into an Ointment: It is no less effectual to give ease of pains to the hot Gout, the Sciatica, and the Inflammations and Swellings in the Cods: It helpeth the Kernels or Knots in the Neck or Throat, called the Kings-Evil; healeth Kibes and Chilblains if they be bathed with the Juyce, or anointed with an Ointment made thereof, and some of the skin of the Leaf laid upon them: It is also used in green VVounds to stay the Blood, and to heal them quickly.

*Inflammations, Pimples, Redness, St. Anthony's fire, Kidneys, Hurt by the Stone, Dysury, Stone, Bloody-flux, Piles, Hemorrhoids, Gout, Sciatica, Cods, Kings-Evil, Kibes, Chilblains.*

Knapweed.

## Knapweed.

**Description.]** **T**HE comon sort hereof hath many long, and somewhat broad dark green Leaves rising from the Root dented about the edges, and sometimes a little rent or torn on both sides in two or three places, and somewhat hairy withal, amongst which riseth a strong round Stalk, four or five foot high, divided into many branches; at the tops whereof stand great scaly green Heads, and from the middle of them thrust forth a number of dark purplish red thrums or threds, which after they are withered and past, there are found divers black Seeds, lying in a great deal of Down, somewhat like unto a Thistle-seed, but smaller: The Root is white, hard and woody, and divers fibres annexed thereunto, which perisbeth nor, but abideth with Leaves thereon all the Winter, shooting out fresh every Spring.

**Place.]** It groweth in most Fields and Meadows, and about their Borders and Hedges, and in many waste Grounds also every where.

**Time.]** It usually floweth in June and July, and the Seed is ripe shortly after.

**Government and Vertues.]** Saturn challengeth the Herb for his own. This Knapweed helpeth to stay Fluxes, both of Blood at the Mouth or Nose, or other outward parts, and those Veins that are inwardly broken, or inward Wounds, as also the Fluxes of the Belly: It stayeth the Distillations of thin and sharp Humors from the Head upon the Stomach and Lungs: It is good for those that are bruised by any Fall, Blows or otherwise. It is very profitable

for those that are bursten and have a Rupture, by drinking the Decoction of the Herb and Roots in Wine, and applying the same outwardly to the place. It is singular good in all running Sores, Cankrous and Fistulous, drying up the moisture, and healing them up gently, without sharpness; it doth the like to running Sores and Scabs of the Head, or other parts. It is of special use for the soreness of the Throat, swelling of the Uvula and Jaws; and excellent good to stay the Bleeding, and heal up all green Wounds.

## Knot-grass.

**I**T is generally so well known that it needeth no Description.

**Place.]** It groweth in every County of this Land, by the High-way-sides, and by Foot-paths in Fields, as also by the sides of old Walls.

**Time.]** It springeth up late in the Spring, and abideth until Winter, when all the Branches perish.

**Government and Vertues.]** Saturn seems to me to own the Herb, and yet some hold the Sun; out of doubt 'tis Saturn. The Juyce of the common kind of Knot-grass is most effectual to stay Bleeding at the Mouth, being drunk in steed of red Wine: and the Bleeding at the Nose, to be applied to the Forehead and Temples, or to be squirted up into the Nostrils. And



is effectual to cool and temper the heat of the Blood and Stomach, and to stay any Flux of the Blood and Humors, as Lask, Bloody-Flux, Womens Courses, and Running of the Reins. It is singular good to provoke Urine, help the Strangury, and allayeth the heat that cometh thereby; and is powerful by Urine to expel the Gravel or Stone in the Kidneys and Bladder, a Dram of the Powder of the Herb being taken in Wine for many days together: Being boyled in Wine and drunk, it is profitable to those that are stung or bitten by Venomous Creatures, and very effectual to stay all Defluxions of Rheumatick Humors upon the Stomach, and killeth Worms in the Belly or Stomach, quitteth inward Pains that arise from the heat, sharpness, and corruption of Blood and Choler: The distilled Water hereof taken by it self, or with the Powder of the Herb or Seed, is very effectual to all the purposes aforesaid, and is accounted as one of the most Sovereign Remedies to cool all manner of Inflammations, breaking out through Heat, hot Swellings and Imposthumations, Gangreens and Fistulous Cankers, or foul filthy Ulcers being applied or put into them; but especially for all sorts of Ulcers and Sores happening in the Privy parts of Men and Women. It helpeth all fresh and green Wounds, and speedily helpeth them. The Juyce dropped into the Ears, cleanseth them being foul, and have running matter in them.

*Bleeding, Heat, Flux, Bloody-Flux, Courses stops, Dysury, Gravel, Venomous Beasts, Rheum, Worms, Heat, Choler, Inflammations, Impostumes, Gangreens, Fistulaes, Cankers, Ulcers, Wounds, Ears.*

It is very prevalent for the Premises; as also for broken Joynts, and Ruptures.

### Ladies-Mantle.

**Descript.]** *IT* hath many Leaves rising from the Root, standing upon long hairy Foot-stalks, being almost round, but a little cut in on the edges, into eight or ten parts more or less, making it seem like a Star, with so many corners and points, and dented round about, of a light green colour, somewhat hard in handling, and as if it were folded or plaited at first, and then crumpled in divers places, and a little hairy as the stalk is also, which riseth up among them to the height of two or three foot, with such like Leaves thereon, but smaller, and being weak is not able to stand upright, but benderh down to the ground, divided at the top into two or three small Branches, with small yellowish green Heads, and Flowers of a whitish colour, breaking out of them; which being past, there cometh small yellowish Seed like Poppy-seed: The Root is somewhat long and black, with many strings and fibres thereat.

**Place.]** It groweth Naturally in many Pastures, and Wood-fides in *Hartfordshire, Wiltshire, and Kent*, and other places of this Land.

**Time.]** It flowreth in *May* and *June*, abideth after Seed-time green all the Winter.

*Government and Vertues.*] *Venus* claims the Herb as her own. *Lady* spirits th

*Inflammations, Bleeding, Vomiting, Fluxes, Bruises, Ruptures, flagging Breasts, Barrenness, Women with Child.*

*Manile* is very proper for those Wounds that have given e  
Inflammation, and is very effectual to stay Bleed  
ings, Vomitings, Fluxes of all sorts in Man  
Woman, and Bruises by Falls or otherwise, an  
helpeth Ruptures, and such Women or Maids  
have over great flagging Breasts, causing the  
to grow less and hard, being both drunk, and

outwardly applied: The distilled VVater drunk for twenty days together  
helpeth Conception, and to retain the Birth; if the VVoman do sometime  
also sit in a Bath made of the Decoction of the Herb. It is one of the most  
singular VVound-Herbs that is, and therefore highly prized and praised  
by the *Germans*, who use in all VVounds inward and outward, to drink the  
Decoction thereof, and wash the Wounds therewith, or dip Tents therein  
and put them into the VVounds, which wonderfully dryeth up all humidity  
of the Sores, and abateth Inflammations therein: It quickly healeth all  
green Wounds, not suffering any Corruption to remain behind, and cureth  
reth all old Sores, though fistulous and hollow.

### Lavender.

**B**eing an Inhabitant in almost every Garden, it is so well known, that  
it needeth no Description.

*Time.*] It flowreth about the end of *June*, and beginning of *July*.

*Government and Vertues.*] *Mercury* owns the Herb, and it carries his ef-

*Head, Brains, Apoplexy, Falling-sickness, Lethargy, Cramps, Convulsions, Palsie both dead and shaking, Stomach, Liver, Spleen, Terms provokes, Colick, Vertigo, loss of Voice, Trembling, Fainting.*

fects very potently. *Lavender* is of special good  
use for all the Grievs and Pains of the Head and  
Brains that proceed of a cold cause, as the Apo-  
plexy, Falling-sickness, the drouisie or sluggish  
Malady, Cramps, Convulsions, Palsies, and often  
Faintings. It strengtheneth the Stomach, and  
freeth the Liver and Spleen from Obstructions,  
provoketh Womens Courses, and expelleth the  
dead Child and After-birth. The Flowers of La-  
vender steeped in Wine, helpeth them to make

Water that are stopped, or are troubled with the Wind or Colick, if the  
places be bathed therewith; A Decoction made with the Flowers of Laven-  
der, Horehound, Fennel, and Asparagus-roots, and a little Cinnamon, is  
very profitably used to help the Falling-sickness, and the giddiness or turn-  
ing of the Brain: To gargle the Mouth with the Decoction thereof is good  
against the Tooth-ach. Two spoonfuls of the distilled Water of the Flow-  
ers taken, helpeth them that have lost their Voice; as also the Tremblings  
and Passions of the Heart, and Faintings and Swoonings, not only being  
drunk, but applied to the Temples or Nostrils to be smelt unto; but it is  
not safe to use it where the Body is repleat with Blood and Humors, because  
of the hot and subtil Spirits wherewith it is possessed. The Chymical Oyl  
drawn from *Lavender*, usually called *Oyl of Spike*, is of so fierce and piercing  
Spirits

*Lob* spirits that it is cautiously to be used, some few drops being sufficient to  
*ut ha* e given with other things, either for inward or outward Grievs.  
*Blee*

**Lavender Cotton.**

*an* T being a common Garden Herb, I shall forbear the Description, only take  
*e, an* notice, that it flowreth in *June* and *July*.  
*ids*

*thes* Government and Vertues.] It is under the Dominion of *Mercury*. It re-  
*the* sisteth Poyson, Putrefaction, and helps the Bitings

*the* of Venomous Beasts: A dram of the Powder of  
*time* the dried Leaves taken every Morning fasting in

*mo* any convenient Vehicle, stops the Running of the  
*aise* Reins in Men, and Whites in Women. The Seed

*th* being beaten into Powder, and taken as Worm-  
*rein* seed, it kills the Worms, not only in Children, but also in People of riper

*dis* years: the like doth the Herb it self being boyled in Milk, and the Milk  
*all* drunk: the Body bathed with the Decoction of it, helps Scabs and Itch.  
*cu*

*Poyson, Putrefaction, Ve-  
 nomous Beasts, Running of  
 the Reins, Whites in Wo-  
 men, Worms, Scabs, Itch.*

**Ladies-Smocks, or Cuckoo-Flowers.**

*nat* Descript. **T**HE Root is composed of many small white threads, from whence  
*of* spring up divers long Stalks of winged Leaves, consisting of ma-  
*od* ny round tender dark green Leaves set one against another upon a middle Rib, the

*h* greatest being at the end, amongst which rise up divers tender, weak, round, green  
*nd* Stalks, somewhat streaked with longer and smaller Leaves upon them; on the tops

*of* of which stand Flowers almost like the Stock-Gilliflowers, but rounder, and not  
*h* so long, of a blushing white colour: The Seed is reddish, and groweth in small

*nd* Pouches, being of a sharp biting taste, and so hath the Herb.  
*h*

*nd* Place.] They grow in moist places, and near to Brook-sides.  
*h* Time.] They flower in April or May, and the lower Leaves continue

*nd* green all the Winter.  
*h* Government and Vertues.] They are under the Dominion of the Moon, and

*nd* very little inferiour to Water-Cresses in all their  
*h* Operation: They are excellent good for the

*nd* Scurvy: they provoke Urine and break the Stone,  
*h* and excellently warm a cold and weak Stomach,

*nd* restoring lost Appetite, and helpeth Digestion.

*Scurvy, provoke Urine,  
 Stone, Stomach lost, Ap-  
 petite, Indigestion.*

**Lettuce.**

*nd* IT is well known, being generally used as a Sallet Herb, that it is altoge-  
*nd* ther needless to write any Description thereof.

*nd* Government and Vertues.] The Moon owns them, and that's the Reason  
*nd* they cool and moisten what heat and dryness Mars causeth, because Mars

*nd* hath his fall in Cancer, and they cool the Heart, because the Sun rules it, be-  
*nd* tween whom and the Moon is a Reception in the Generation of Man, as you

*nd* may see in my Guide for Women. The Juyce of Lettuce mixed or boyled  
*nd* with

*Watching, Head-ach, Indigestion, Thirst, Milk increaseth, Cholera, Bowels, Lust, Venereous Dreams, Inflammation, Heat of Urine.*

with Oyl of Roses, and applied to the Fore-head and Temples, procureth Sleep, and easeth Head-ach proceeding of an hot cause: being ten boyled, it helpeth to loosen the Belly. It helpeth Digestion, quencheth Thirst, increaseth Milk in Nurles, easeth griping pains of the Stomach and Bowels, that come of Cholera. It abateth both

Lust, represseth Venereous Dreams, being outwardly applied to the Clitoris with a little Camphire: Applied in the same manner to the Region of the Heart, Liver, or Reins, or by bathing the said place with the Juyc of distilled Water, wherein some white Sanders, or red Roses are put also, not only represseth the Heat and Inflammation therein, but comforts and strengthens those parts, and also tempereth the heat of Urine. *Galien* adviseth Old Men to use it with Spices, and where Spices are wanting, to use Mints, Rochet, and such like hot Herbs, or else Citron, Lemon, or Orange seeds, to abate the cold of one, and heat of the other. The Seed of distilled VVater of the Lettuce work the like effects in all things: but the use of Lettuce is chiefly forbidden to those that are short-winded, and have any Imperfection in their Lungs, or spit Blood.

### Water-Lilly.

**O**F these there are two principally noted kinds, viz. The white, and the yellow.

*Descrpt.*] The white Lilly hath very large, and thick dark green Leaves lying on the Water, sustained by long and thick Foot-stalks, that rise from a great, thick, round and long tubercus black Root, spungy, or loose with many knobs thereon like Eyes, and whitish within, from amidst the which rise other the like thick and great Stalks, sustaining one large great Flower thereon, great on the out-side, but as white as Snow within, consisting of divers rows of long and somewhat thick and narrow Leaves, smaller and thinner the more inward they be, encompassing a head with many yellow threds or thrums in the middle where after they are past stand round Poppy-like heads, full of broad, oily, and bitter Seed.

The yellow kind is a little different from the former, save only it hath fewer Leaves on the Flowers, greater and more shining Seed, and a whitish Root, both within and without: The Roots of both being somewhat sweet in taste.

*Place.*] They are found growing in great Pools and standing VVaters, and sometimes in flow running Rivers, and lesser Ditches of VVater, in sunny dry places of this Land.

*Time.*] They flower most commonly about the end of May, and their Seed is ripe in August.

*Government and Vertues.*] The Herb is under the Dominion of the Moon, and therefore cools and moistens like the former. The Leaves and Flowers of the Water-Lillies are cold and moist, but the Roots and Seed is cold & dry: The Leaves do cool all Inflammations, and both outward and inward

*Inflammations, Agues.*



Fore-heats of Agues, and so doth the Flowers also, either by the Syrup or Con-  
 serve: The Syrup helpeth much to procure rest, and to settle the Brains  
 being of Frantick Persons, by cooling the hot distem-  
 perature of the Head. The Seed as well as the *Watching, Frenzie, Flux,*  
 Root is effectual to stay Fluxes of Blood or Hu- *Belly, Running of the*  
 mors, either of VVounds, or of the Belly: but the *Reins, Venery, Freckles,*  
 Roots are most used, some choosing the one, and *Spots, Sunburn, Morpew.*  
 some the other, to be more effectual to cool, bind,  
 and restrain all Fluxes in Man or Woman, as also the Running of the Reins;  
 and the passing away of the Seed when one is asleep: but the frequent use  
 also, thereof extinguisheth Venereous Actions: The Root is likewise very good  
 for those whose Urine is hot and sharp, to be boyled in Wine or Water,  
 and the Decoction drunk. The distilled Water of the Flowers is very effe-  
 ctual for all the Diseases aforesaid, both inwardly taken and outwardly ap-  
 plied, and is much commended to take away Freckles, Spots, Sunburn, and  
 Morpew from the Face, or other parts of the Body. The Oyl made of the  
 Flowers, as Oyl of Roses is made, is profitably used to cool hot Tumors,  
 and the Inflammations of Ulcers and Wounds, and to ease the Pains, and  
 help the Sores.

*Lilly of the Valley.*

**C**alled also *Convul-Lilly, May-Lilly, and Lilly-Consancy.*  
*Descript.] The Root is small, and creepeth far in the Ground, as Grass-*  
*Roots do: the Leaves are many, amongst which ariseth up a Stalk half a foot high,*  
*with many white Flowers like little Bells, with turned edges, of a strong, though*  
*not pleasing smell: the Berries are red, not much unlike those of Sparagus.*

*Place.] They grow plentifully upon Hamstead-Heath, and many other*  
*Places in this Nation.*

*Time.] They flower in May, and the Seed is ripe in September.*

*Temperature and Vertues.] It is under the Dominion of Mercury, and*  
 therefore there is no question to be made but it

strengthens the Brain, recruits a weak Memory, *Brain, Memory, Inflam-*  
 and makes it strong again: The distilled Water *mations in the Eyes, Pin*  
 dropped into the Eyes, helps Inflammations there, *and Web, lost Speech, Pal-*  
 as also that Infirmary which they call a Pin and *sie, Apoplexy, Heart, Vital*  
 Web: The Spirit of the Flowers distilled in Wine, *Spirits, Gout.*  
 restoreth lost Speech, helps the Palsie, and is ex-

ceeding good in the Apoplexy, comforteth the Heart and Vital Spirits,  
*Gerard saith, That the Flowers being close stopp'd up in a Glasse, put into*  
*an Ant-hill, and taken away again a Month after, you shall find a Liquor in*  
*a Glasse; which being outwardly applyed, helps the Gout.*

*White-Lillies.*

**I**T were in vain to describe a Plant so commonly known in every ones Gar-  
 den, therefore I shall not tell you what they are, but what they are  
 good for.

*Govern-*

*Government and Vertues.*] They are under the Dominion of the Moon and by Antipathy to Mars, expel Poyson: they are excellent good in Pestilential Fevers: The Roots being bruised and boyled in Wine, and the Decoction drunk: for it expels the Venom to the

Poyson, Pestilential Fevers, Venom, Dropsie, Scald Heads, unites Sinews, Ulcers, After-birth, Plague-sores, Swellings in the Privities, Burnings, Scaldings, Hair restoreth. exterior parts of the Body: the Juyc of it being tempered with Barley-meal baked, and for ten for ordinary Bread, is an excellent Cure for the Dropsie: An Ointment being made of the Root and Hogs-grease, is excellent good for Scald Heads, and unites Sinews when they are cut; besides the Vertue that it hath to cleanse Ulcers, being of a fine suppurating quality: The Root

boyled in any convenient Decoction, gives speedy Delivery to Women in Travel, and expels the After-birth: The Root roasted and mixed with little Hogs-grease, makes a gallant Pultis to ripen and break Plague-sores. The Ointment is excellent good for Swellings in the Privities, and will Cure Burnings and Scaldings without a Scar, and trimly deck a bald place with Hairs.

### Liquorish.

*Description.*] OUR English Liquorish riseth up with divers woody Stalks whereon are set at several distances, many narrow, long, green Leaves, set together on both sides of the Stalks, and an odd one at the end, very well resembling a young Ash-tree sprung up from the Seed: This by many Years continuance in a place without removing, and not else, will bring forth Flowers, many standing together spike-fashion one above another upon the Stalk, of the form of Pease-blossoms, but of a very pale blew colour, which turn into long, somewhat flat and smooth Cods, wherein is contained small, round, hard Seed: The Root running down exceeding deep into the Ground, with divers other small Roots and Fibres growing with them, and shoot out Suckers from the main Roots all about, whereby it is much increased, of a brownish colour on the out-side, and yellow within Place.] It is Planted in Fields and Gardens in divers places of this Land, and thereof good Profit is made.

*Government and Vertues.*] It is under the Dominion of Mercury. Liquorish boyled in fair Water with some Maiden-hair and Figs, maketh a good Drink for those that have a dry Cough or Hoarsness, Wheezing, shortness of Breath, and for all the griefs of the Breast and Lungs, Phtisick or Consumptions caused by the Distillation of Salt Humors on them. It is also good in all pains of the Reins, the Strangury and heat of Urine: The fine Powder of Liquorish blown through a Quill into the Eyes that have a Pin and Web (as they call it) or Rheumatick Distillations into them doth cleanse and help them: The Juyc of Liquorish is as effectual in all the Diseases of the Breast and Lungs, the Reins and Bladder, as the Decoction. The Juyc dissolved in Rose-water, with some Gum Tragacanth, is a fine Licking Medicine for Hoarsness, Wheezings, &c.

Liver

Liver-wort.

Descript.] Common Liver-wort groweth close, and spreadeth much upon the Ground in moist and shady places, with many small green Leaves, or rather (as it were) sticking flat one to another, very unevenly cut in on the edges, and crumpled, from among which arise small slender Stalks an inch or two high at most, bearing small Star-like Flowers at the tops: The Roots are very fine and small.

Government and Vertues.] It is under the Command of Jupiter, and under the Sign Cancer. It is a singular good Herb for all the Diseases of the Liver, both to cool and cleanse it, and helpeth the Inflammations in any part, and the Yellow Jaundice likewise: being bruised and boiled in small Beer, and drunk, it cooleth the Heat of the Liver and Kidneys, and helpeth the Running of the Reins in Men, and the Whites in Women: It is a singular Remedy to stay the spreading of Tetters, Ring-worms, and other fretting and running Sores and Scabs, and is an excellent Remedy for such whose Livers are corrupted by Surfeits, which causeth their Bodies to break out, for it fortifies the Liver exceedingly, and makes it impregnable.

*Liver, Inflammation, Yellow Jaundice, Spleen, Running of the Reins, Whites, Tetters, Ring-worms, Surfeits.*

Loose-strife, or Willow-Herb.

Descript.] Common yellow Loose-strife groweth to be four or five foot high, or more, with great round Stalks a little crested, diversly branched from the middle of them to the tops into great and long Branches, on all which at the Foynts there grow long and narrow Leaves, but broader below, and usually two at a Foynt, yet sometimes three or four somewhat like Willow-Leaves, smooth on the edges, and of a fair green colour from the upper Foynts of the Branches, and at the tops of them also stand many yellow Flowers of five Leaves a piece, with divers yellow threds in the middle, which turn into small round heads, containing small cornered Seeds: The Root creepeth under Ground, almost like Couch-grass, but greater, and shooteth up every Spring, brownish Heads, which afterwards grow up into Stalks: It hath no scent nor taste, but only astringent.

Place.] It groweth in many places of this Land in moist Meadows, and by Water-sides.

Time.] It flowreth from June to August.

Government and Vertues.] This Herb is good for all manner of Bleeding at Mouth or Nose, or Wounds, and all Fluxes of the Belly, and the Bloody-flux, given either to drink, or taken by Clyster, it stayeth also the abundance of Womens Courfes: It is a singular good Wound-Herb for green Wounds to stay the Bleeding, and quickly close together the Lips of the Wound, if the Herb be bruied, and the Juyce only applied: It is often used in Gargles for Sore Mouths, as also for the Secret Parts: The Smoak

*Bleeding-flux, Bloody-flux, Terms stops, Wounds, Sore Mouth, Privities, Gnats.*

hereof being burned, driveth away Flies and Gnats, which use in the Night time to molest People inhabiting near Marshes, and in the Fenny Countries

*Loose-strife, with spiked heads of Flowers.*

**Description.]** **T**His groweth with many woody square Stalks, full of Joynts about three foot high at least, at every one whereof, stand two long Leaves, shorter, narrower, and of a larger green colour than the former, and some brownish. The Stalks are branched into many long Stems of spiked Flowers, half a foot long, growing in bundles one above another, out of small Husks, very like the spiked heads of Lavender, each of which Flowers have five round pointed Leaves of a purple violet colour, or somewhat inclining to redness, in which Husks stand small round Heads after the Flowers are fallen, wherein is contained small Seed. The Root creepeth under Ground like unto the yellow, but is greater than it; and so are the heads of the Leaves when they first appear out of the Ground, and more brown than the other.

**Place.]** It groweth usually by Rivers and Ditch-sides in wet Grounds, as about the Ditches at and near Lambeth; and in many other places of this Land.

**Time.]** It flowreth in the Months of June and July.

**Government and Vertues.]** The Herb is an Herb of the Moon, and under the Sign Cancer; neither do I know a better preserver of the Sight when 'tis well; nor a better Cure of Sore Eyes, than *Eye-bright* taken inwardly, and this used outwardly; 'tis cold in quality. This Herb is no whit inferior unto the former, it having not only all the Vertues which the former hath, but some peculiar Vertues of its own found out by Experience, as namely, The distilled Water is a present Remedy for Hurts and Blows on the Eyes, and for Blindness, so as the Crystalline Humor be not perished or hurt; and this hath been sufficiently proved true by the experience of a Man of Judgment, who kept it long to himself as a great Secret: It also cleareth the Eyes of Dust, or any other thing gotten into them,

*Eyes, Blindness, Wounds, Ulcers, Inflammations, Quinzie, Kings-Evil, Spots, Marks, Scars.*

and preserveth the Sight. It is also very much available against Wounds and Thrushs, being made into an Oyntment on this manner: To every Ounce of the Water, add two Drams of May-butter without Salt, and of Sugar and Wax, of each as much also, let them boyl gently all together: Let Tents dipped in the Liquor that remaineth after it is cold, be put into the Wounds, and the place covered with a Linnen Cloth doubled, and anointed with the Oyntment: and this is also an approved Medicine. It likewise cleanseth and healeth all foul Ulcers and Sores whatsoever, and stayeth their Inflammations by washing them with the Water, and laying on them a green Leaf or two in the Summer, or dry Leaves in the Winter. This Water gargled warm in the Mouth, and sometimes drunk also, doth cure the Quinzie, or Kings-Evil in the Throat. The said Water applied warm, taketh away all Spots, Marks, and Scabs in the Skin: And a little of it drunk, quencheth Thirst when it is extraordinary.

Loyage.



## Lovage.

Descript.] **I**T hath many long and great Stalks, of large winged Leaves divided into many parts, like Smallage, but much larger and greater, every Leaf being cut about the edges, broadest forward, and smallest at the Stalk, of a sad green Colour, smooth and shining, from among which rise up sundry strong, hollow, green Stalks, five or six foot, yea sometimes seven or eight foot high, full of Foynts, but lesser Leaves set on them than grow below; and with them toward the tops come forth long Branches, bearing at their tops large umbles of yellow Flowers; and after them flat brownish Seed. The Root groweth thick, great and deep, spreading much, and enduring long, of a brownish colour on the out-side, and whitish within. The whole Plant, and every part of it smelleth strong and Aromatically, and is of an hot, sharp, biting taste.

Place. It is usually Planted in Gardens, where, if it be suffered, it groweth huge and great.

Time.] It flowreth in the end of July, and seedeth in August.

Government and Vertues.] It is an Herb of the Sun, under the Sign *Taurus*. If *Saturn* offend the Throat (as he always doth, if he be occasioner of the Malady, and in *Taurus* is the Genesis) this is your Cure. It openeth, cureth and digesteth Humors, and mightily provoketh Womens Courfes and Urine. Half a Dram at a time of the dried Root in Powder taken in Wine, doth wonderfully warm a cold Stomach, helpeth Digestion, and consumeth all raw and superfluous Moisture therein: easeth all inward Gripings and Pains, dissolveth Wind, and resisteth Poyson and Infection: It is a known and much praised Remedy to drink the Decoction of the Herb for any sort of Ague, and to help the pains and torments of the Body and Bowels coming of Cold. The Seed is effectual to all the purposes aforesaid (except the last) and worketh more powerfully: The distilled Water of the Herb, helpeth the Quinzie in the Throat, if the Mouth and Throat be gargled and washed therewith, and helpeth the Plurisie. being drunk three or four times. Being dropped into the Eyes, it taketh away the redness or dimness of them; it likewise taketh away Spots or Freckles in the Face. The Leaves bruised and fryed with a little Hogs Lard, and laid hot to any Botch or Boil, will quickly break it.

Humors, Terms provokes, Dysury, Cold Stomach, Indigestion, Wind, Poyson, Epidemical Diseases, Agues, Belly-ake, Quinzie, Plurisie, Spots, Freckles, Boyles.

## Lungwort.

Descript.] **T**His is a kind of Moss that groweth on sundry sorts of Trees, especially Oaks and Beeches, with broad, grayish rough Leaves, diversly folded, crumpled and gasbed in on the edges, and sometimes spotted also, with many small spots on the upper-side; it was never seen to bear any Stalk or Flower at any time.

Government and Vertues.] Jupiter seems to own this Herb. This is of great use with many Physitians to help the Diseases of the Lungs, and for Coughs,

*Lungs, Coughs, Wheezing, shortness of Breath, Ulcers in the Privities and elsewhere.*

Coughs, Wheezings, and shortness of Breath, which it cureth both in Man and Beast; it is very profitably put into Lotions that are taken to stay the moist Humours that flow to Ulcers, and hinder their healing, as also to wash all other Ulcers in the Privy Parts of Man or Woman.

It is an excellent Remedy boyled in Beer for broken-winded Horses.

### Madder.

**Descript.]** **G**arden Madder shooteth forth many very long, weak, four-square, reddish Stalks, trailing on the Ground a great way, very rough or hairy, and full of Joints; at every of those Joints come forth divers long, and somewhat narrow Leaves, standing like a Star about the Stalks, rough also and hairy, towards the tops whereof come forth many small pale yellow Flowers: after which come small round heads, green at first, and reddish afterwards, but black when they are ripe, wherein is contained the Seed. The Root is not very great, but exceeding long, running down half a Man's length into the Ground, red and very clear while it is fresh, spreading divers ways.

**Place.]** It is only manured in Gardens, or larger Fields, for the profit that is made thereof.

**Time.]** It floweth towards the end of Summer, and the Seed is ripe quickly after.

**Government and Vertues.]** It is an Herb of Mars. It hath an opening quality, and afterwards to bind and strengthen. It is an Assured Remedy for the Yellow Jaundice, by opening the Obstructions of the Liver and Gall, and cleansing those parts: It openeth also the Obstructions of the Spleen, and diminisheth the Melancholy Humour; it is available for the Palsie and Sciatica, and effectual for Bruises inward or outward, and is therefore much used in Vulnerary Drinks. The Root for all those

aforesaid purposes, is to be boyled in Wine or Water, as the cause requireth, and some Honey and Sugar put thereunto afterwards. The Seed hereof taken with Vinegar and Honey, helpeth the swelling and hardness of the Spleen. The Decoction of the Leaves and Branches, is a good Fomentation for Women to sit over that have not their Courses. The Leaves and Roots beaten and applied to any part that is discoloured with Freckles, Morpew, the white Scurf, or any such Deformity of the Skin, cleanseth them thoroughly, and taketh them away.

### Maiden-Hair.

**Descript.]** **O**UR common Maiden-Hair, doth from a number of hard black Fibres, send forth a great many blackish, shining, brittle Stalks, hardly a span long; in many not half so long, on each side set very thick with small, round, dark green Leaves, and spotted on the back of them like other Fern.

**Place.]**

Place.] It groweth much upon old Stone Walls in the West parts, and Walls in Kent, and divers other places of this Land; it joyeth likewise to grow by Springs, Wells, and Rocky, moist and shadowy places; and is always green.

Wall-Rew, or ordinary white Maiden-Hair.

Descript. **T**His hath very fine, pale, green Stalks, almost as fine as hairs, set confusedly with divers pale green Leaves on very short Foot-stalks somewhat near unto the colour of Garden-Rew, and not much differing in form, but more diversly cut in on the edges, and thicker, smooth on the upper part, and spotted finely underneath.

Place.] It groweth in many places of this Land, at Dartford, and the Bridge at Ashford in Kent, at Beaconsfield in Buckingham-shire, at Wolly in Huntingdon-shire, on Frammingham-Castle in Suffolk, on the Church-walls at Mayfield in Suffex, in Summerset-shire, and divers other places of this Land, and is green in Winter as well as in Summer.

Government and Vertues.] Both this and the former are under the Dominion of Mercury, and so is that also which follows after: and the Vertues of both these are so near alike, that though I have described them and their places of growing severally, yet I shall in writing the Vertues of them, joyn them both together as followeth.

The Decoction of the Herb Maiden-Hair, being drunk, helpeth those that are troubled with the Cough, shortness of Breath, the Yellow Jaundice, Diseases of the Spleen, stopping of Urine, and helpeth exceedingly to break the Stone in the Kidneys (in all which Diseases the Wall-Rew is also very effectual. It provoketh Womens Courses, and stayeth both Bleedings and Fluxes of the Stomach and Belly, especially when the Herb is dry, for being green, it loosneth the Belly, and avoideth Choler and Flegm from the Stomach and Liver; it cleanseth the Lungs, and by rectifying the Blood, causeth a good Colour to the whole Body. The Herb boiled in Oyl of Camemel, dissolveth Knots; allayeth Swellings, and dryeth up moist Ulcers. The Lye made thereof, is singular good to cleanse the Head from Scurf, and from dry and running Sores: stayeth the falling or shedding of the Hair, and causeth it to grow thick, fair, and well coloured; for which purpose some boyl it in Wine, putting some Smallage-seed hereto, and afterwards some Oyl. The Wall-Rew is as effectual as Maiden-Hair in all Diseases of the Head, and falling or recovering of the Hair again, and generally for all the afore-mentioned Diseases: And besides, The Powder of it taken in Drink for forty days together, helpeth the Burstings in Children.

Cough, shortness of Breath, the yellow Jaundice, Spleen, Dysury, Stone, Terms provokes, Bleeding, Fluxes, Lungs, Swellings, Ulcers, Scurf, Sores, Baldness.

Golden Maiden-Hair.

**T**O the two former give me leave to add this, and I shall do no more, but only describe it unto you; and for the Vertues refer you to the former, sith whatsoever is said of them, may also be said of this.

**Descript.]** It hath many small, brownish red hairs to make up the form of Leaves growing about the Ground from the Root; and in the middle of them in Summer, rise small Stalks of the same colour, set with very fine yellowish green hairs on them, and bearing a small gold yellow head, lesser than a Wheat Corn, standing in a great Husk. The Root is very small and threddy.

**Place.]** It groweth on Bogs and Morish places, and also on dry shadowy places, at Hampstead-Heath, and elsewhere.

### Mallows, and Marsh-Mallows.

**C**ommon Mallows are generally so well known, that they need no Description.

Our common Marsh-Mallows have divers soft hoary white Stalks rising to be three or four foot high, spreading forth many Branches, the Leaves whereof are soft and hairy, somewhat lesser than the other Mallows-leaves, but longer pointed, cut (for the most part) into some few divisions, but deep. The Flowers are many, but smaller also than the other Mallows, and white, or tending to a bluish colour. After which come such like round Cases and Seeds as in the other Mallows. The Roots are many and long, shooting from one Head, of the bigness of a Thumb or Finger, very pliant, tough and bending like Liquorish, of a whitish yellow colour on the out-side, and more white within, full of a slimy Juicy, which being laid in Water, will thicken it, as if it were Jelly.

**Place.]** The common Mallows grow in every Country of this Land.

The common Marsh-Mallows in most of the Salt Marshes from Woolwich, down to the Sea, both on the Kentish and Essex-Shores, and in divers other places of this Land.

**Time.]** They flower all the Summer-Months, even until the Winter do pull them down.

**Government and Vertues.]** Venus owns them both. The Leaves of either of the sorts before specified, and the Roots also boyled in Wine or Water,

Agues, Choler, Gripping in the Belly, Milk, Excoriation, Ptsick, Pleurisie, Travel in Women, Falling-sickness, Eyes, Bees, Wasps, &c. Poysons, hard Swellings, Inflammation, Colds, Liver, Spleen, Roughness of the Skin, Scurf, Dandrif, Scabby Heads, Scalding, Burning, St. Anthony's Fire, sore Mouth and Throat, Baldness, Thorns.

or in Broth with Parsley or Fennel-Roots, doth help to open the Body, and is very convenient in hot Agues, or other Distempers of the Body, to apply the Leaves so boyled, warm to the Belly. It not only voideth hot, cholerick and other offensive Humors, but easeth the pains and torments of the Belly coming thereby; and are therefore used in all Clysters conducing to those purposes: The same used by Nurses, procureth them store of Milk. The Decoction of the Seed of any of the common Mallows, made in Milk or Wine, doth marvelously help Excoriations, the Ptsick, Pleurisie, and other Diseases of the Chest, and Lungs that proceed of hot Causes, if it be continued taking for some time together: The Leaves and

Root work the same Effects: They help much also in the Excoriations of the

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the Guts and Bowels, and hardness of the Mother, and in all hot and sharp Diseases thereof. The Juyce drunk in Wine, or the Decoction of them therein, doth help Women to a speedy and easie Delivery. *Pliny* saith, That whosoever shall take a spoonfull of any of the Mallows, shall that day be free from all Diseases that may come unto him; and that it is special good for the Falling-sickness. The Syrup also and Conserve made of the Flowers, are very effectual for the same Diseases, and to open the Body being Costive. The Leaves bruised and laid to the Eyes with a little Honey, take away the Imposthumations of them. The Leaves bruised or rubbed upon any place stung with Bees, Wasps, or the like, presently take away the pains, redness and swellings that rise thereupon: And *Dioscorides* saith, The Decoction of the Leaves and Roots helpeth all sorts of Poyson, so as the Poyson be presently voided by Vomit. A Pultis made of the Leaves boiled and bruised, whereunto add some Bean or Barly-flowre, and Oyl of Roses, is an especial Remedy against all hard Tumors and Inflammations or Imposthumes, and Swellings of the Cods and other parts, and easeth the pains of them; as also against the hardness of the Liver or Spleen, being applied to the places. The Juyce of Mallows boyled in old Oyl and applyed, taketh away all roughness of the Skin, as also the Scurf, Dandrif, or dry Scabs in the Head or other Parts, if they be anointed therewith, or washed with the Decoction, and preserveth the Hair from falling off. It is also effectual against Scaldings and Burnings, *St. Anthony's Fire*, and all other hot, red, and painfull Swellings in any part of the Body. The Flowers boyled in Oyl or Water (as every one is disposed) whereunto a little Honey and Allum is put, is an Excellent Gargle to wash, cleanse, and heal any sore Mouth, or Throat, in a short space. If the Feet be bathed or washed with the Decoction of the Leaves, Roots, and Flowers, it helpeth much the Defluxions of Rheum from the Head. If the Head be washed therewith, it stayeth the falling and shedding of the Hair. The green Leaves (saith *Pliny*) beaten with Nitre and applied, draw out Thorns or Pricks in the Flesh.

The *Marsi-mallows* are more effectual in all the Diseases before mentioned, the Leaves are likewise used to loosen the Belly gently, and in Decoctions for Clysters to ease all Pains of the Body, opening the strait Passages, and making them slippery, whereby the Stone may descend the more easily, and without pain out of the Reins, Kidneys and Bladder, and to ease the torturing pains thereof: But the Root are of more special use for those purposes, as well for Coughs, Hoarseness, Shortness of Breath, and Wheezings, being boyled in Wine or Honeyed Water, and drunk. The Roots and Seeds hereof boyled in Wine or Water, are with good success used by them that have Excoriations in the Guts, or the Bloody-Flux, by qualify- ing the violence of sharp fretting Humors, easing the Pains, and healing

Belly, Stone, Reins, Kid-  
neys, Bladder, Coughs,  
Shortness of Breath, Whee-  
zing, Excoriation of the  
Guts, Ruptures, Cramp,  
Convulsions, the Kings-  
Evil, Kernels, Chin-  
Cough, Wounds, Bruises,  
Falls, Blows, Muscles, Mor-  
phew, Sun-burning.

the Soreness : It is profitably taken of them that are troubled with Ruptures, Cramps, or Convulsions of the Sinews ; and boyled in White-wine for the Imposthumes of the Throat, commonly called the Kings-Evil, and of those Kernels that rise behind the Ears, and Inflammations or Swellings in Womens Breasts. The dried Roots boyled in Milk and drunk, is special good for the Chin-Cough. Hippocrates used to give the Decoction of the Roots, or the Juyce thereof to drink to those that were wounded, and ready to faint through loss of Blood, and applied the same mixed with Honey and Rozin to the Wounds : as also the Roots boiled in Wine to those that have received any hurt by Bruises, Falls, or Blows, or had any Bone or Member out of Joynt, or any Swelling Pain, or Ach in the Mucles, Sinews, or Arteries. The Mucilage of the Roots, and of Linseed, and of Fœnugreek put together, is much used in Pultisses, Oyntments, and Plaisters, to mollifie and digest all hard Swellings, and the Inflammation of them, and to ease Pains in any part of the Body. The Seed either green or dry, mixed with Vinegar, cleanseth the Skin of the Morpew, and all other Discolourings, being bathed therewith in the Sun.

You may remember, that not long since there was a raging Disease, called the *Bloody-Flux* ; the Colledge of Physitians not knowing what to make of it, called it, *The Plague in the Guts*, for their VVits were at *Ne plus ultra* about it. My Son was taken with the same Disease, and the Excoriation of his Bowels was exceeding great ; my Self being in the Country, was sent for up ; the only thing I gave him, was Mallows bruised and boiled both in his Milk and Drink, in two days (the Blessing of God being upon it) Cured him ; And I here, to shew my thankfulness to God in Communicating it to his Creature, leave it to Posterity.

### Maple-Tree.

*Government and Vertues.* **I**T is under the Dominion of *Jupiter*. The Decoction either of the Leaves or Bark, must needs strengthen the Liver much, and so you shall find it do, if you use it : It is excellent good to open Obstructions both of the Liver and Spleen, and easeth Pains of the Sides thence proceeding.

### Wild-Marjerom.

**C**alled also *Origane*, *Origanum*, *Bastard-Marjerom*, *Wild-Marjerom*, and *Grove-Marjerom*.

*Descript.* Wild, or Field-Marjerom hath a Root which creepeth much under Ground, which continueth a long time, sending up sundry brownish, hard, square Stalks, with small dark green Leaves, very like those of Sweet-Marjerom, but harder, and somewhat broader ; at the tops of the Stalks stand rusts of Flowers, of a deep purplish red colour : the Seed is small, and something blacker than that of Sweet-Marjerom.

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*Place.*] It groweth plentifully in the Borders of Corn-fields, and in some Copſes.

*Time.*] It flowreth toward the latter end of Summer.

*Government and Vertues.*] This alſo is under the Dominion of *Mercury*. It ſtrengthens the Stomach and Head much, there being ſcarce a better Remedy growing for ſuch as are troubled with a ſowre Humor in the Stomach; it reſtores Appetite being loſt, helps the Cough, and Conſumption of the Lungs, it cleaſeth the Body of Choler, expelleth Poyſon, and remedieth the Infirmities of the Spleen, helps the bitings of Venomous Beaſts, and helps ſuch as have Poyſoned themſelves by eating *Hemlock*, *Henbane*, or *Opium*; it provoketh Urine, and the Terms in Women, helps the Dropſie, and the Scurvy, Scabs, Itch, and the Yellow Jaundice: the Juyce being dropped into the Ears, helps Deafneſs, Pain and Noiſe in the Ears. And thus much for this Herb, between which, and Adders, there is a deadly Antipathy.

*Stomach, Head, Humors, Appetite, Cough, Conſumption of the Lungs, Poyſon, Choler, Spleen, Venomous Beaſts, Poyſon, Urine provoketh, Terms provokes, Dropſie, Scurvy, Scabs, Itch, Leproſie, Yellow Faundice, Deafneſs, Noiſe and Pains in the Ears.*

### Sweet-Marjerom.

*Sweet-Marjerom* is ſo well known, being an Inhabitant in every Garden, that it is needleſs to write any Deſcription thereof, neither of the *Winter Sweet-Marjerom*, nor *Pot-Marjerom*.

*Place.*] They grow commonly in Gardens; ſome ſorts there are that grow wild in the borders of Corn-fields and Paſtures, in ſundry places of this Land; but it is not my purpoſe to inſiſt upon them: The Garden kinds being moſt uſed and uſeful.

*Time.*] They flower in the end of Summer.

*Government and Vertues.*] It is an Herb of *Mercury*, and under *Aries*, and is therefore an excellent Remedy for the Brain, and other parts of the Body and Mind, under the Dominion of the ſame Planet. Our common *Sweet-Marjerom*, is warming and comfortable in cold Diſeaſes of the Head, Stomach, Sinews, and other Parts taken inwardly, or outwardly applied: The Decoction thereof being drunk, helpeth all Diſeaſes of the Cheſt, which hinder the freeneſs of Breathing, and is alſo profitable for the Obſtructions of the Liver and Spleen: It helpeth the cold Griefs of the Womb, and the Windineſs thereof, and the loſs of Speech, by reſolution of the Tongue. The Decoction thereof

*Head, Stomach, Breſt, Obſtructions, Liver, Spleen, Womb, Wind, Dropſie, Belly-ake, Terms provokes, Marks of Blows, Noiſe in the Ears, Foynts, Sinews, Swellings, Sneezing, Elegm.*

made with ſome Pellitory of *Spain*, and long Pepper, or with a little *Acorus* or *Origanum*, being drunk, is good for thoſe that are beginning to fall into a Dropſie, for thoſe that cannot make Water, and againſt Pains and Torments

ments in the Belly ; it provoketh Womens Courſes, if it be put up in a Pefſary. Being made into Powder, and mixed with Honey, taketh away the black Marks of Blows and Bruifes, being thereto applied. It is good for the Inflammation and watering of the Eyes, being mixed with Flowre, and laid unto them. The Juyce dropped into the Ears, eaſeth the Pains and ſinging Noiſe in them. It is profitably put into thoſe Oyntments and Salves that are made to warm and comfort the outward parts, as the Joynts and Sinews, for Swellings alſo, and places out of Joynt. The Powder thereof ſnuffed up into the Noſe, provoketh Sneezing, and thereby purgeth the Brain ; and chewed in the Mouth, draweth forth much Flegme. The Oyl made thereof is very warming and comfortable to the Joynts that are ſtiff, and the Sinews that are hard, to mollifie and ſupple them. *Marjerom* is much uſed in all odoriferous Waters, Powders, &c. that are for ornament or delight.

### Marigolds.

**T**heſe being ſo plentiful in every Garden, are ſo well known, that they need no Deſcription.

*Time.*] They flower all the Summer long, and ſometimes in Winter, if it be mild.

*Government and Vertues.*] It is an Herb of the *Sun*, and under *Leo*.

*Heart, Vital Spirits, Peſtilence, Small Pox, Meaſles, Hot Swellings, Feavers, Peſtilence.*

They ſtrengthen the Heart exceedingly, and are very expulſive, and little leſs effectual in the Small Pox and Meaſles than Saffron. The Juyce of *Marigold-Leaves* mixed with Vinegar, and any hot Swelling bathed with it, inſtantly giveth eaſe, and aſſwageth it. The Flowers either green

or dried, are uſed much in Poſſets, Broths, and Drinks, as a comforter of the Heart and Spirits, and to expel any Malignant or Peſtilential quality which might annoy them. A Plaſter made with the dry Flowers in Powder, Hogs-greaſe, Turpentine and Rozin applied to the Breaſt, ſtrengthens and ſuccours the Heart infinitely in Feavers, whether Peſtilential or not Peſtilential.

### Maſter-wort.

*Deſcript.*] **C**ommon Maſter-wort hath divers Stalks of winged Leaves divided into ſundry parts, three for the moſt part ſtanding together at a ſmall Foot-stalk on both ſides of the greater, and three likewise at the end of the Stalk, ſomewhat broad and cut in on the edges, into three or more diviſions, all of them dented about the brims, of a dark green colour, ſomewhat reſembling the Leaves of *Angelica*, but that theſe grow lower to the Ground, and on leſſer Stalks ; among which riſe up two or three ſhort Stalks, about two Foot high, and ſlender, with ſuch like Leaves at the Joynts as grow below, but with leſſer and fewer diviſions, bearing Umbles of white Flowers, and after them ſmall, thin, flat, blackiſh Seed, bigger than *Dill*-ſeeds : The Root is ſomewhat greater, and groweth rather ſide-ways than down deep into the Ground, ſhooting forth ſundry heads, which taſte ſharp, biting on the Tongue, and is the hotteſt and ſharpeſt part of the



up a Plant, and the Seed next unto it being somewhat blackish on the out-side, and  
th an selling well.

Place.] It is usually kept in Gardens with us in England.  
Time.] It flowreth and seedeth about the end of August.

Government and Vertues.] It is an Herb of Mars. The Root of Master-  
wort is hotter than Pepper, and very available in all cold Grieffs and Dis-

as the ses both of the Stomach and Body, dissolving

powdery powerfully upward and downward: It is

y pur used in a Decoction with Wine against all

Eleg cold Rheums, or distillations upon the Lungs,

Joy shortness of Breath, to be taken morning and

them evening; it also provoketh Urine, and helpeth

it an to break the Stone, and expel the Gravel from the

Kidneys; procureth VVomens Courses, and ex-

thall bellethe the dead Birth: Is singular good for

thall strangling of the Mother, and other such like

ter, feminine Diseases. It is effectual also against the Dropfie, Cramps, and

ter, draweth down much VVater and Flegm from the Brain, purging and ea-

ter, sing it of what oppresseth it. It is of a rare quality against all sorts of

ter, cold Poyson, to be taken as there is cause, it provoketh Sweat: but lest

ter, the taste hereof, or of the Seed (which worketh to the like effect, though

ter, not so powerfully) should be too offensive, the best way is to take the Wa-

ter, ter distilled both from the Herb and Root: The Juyce hereof dropped, or

ter, Tents dipped therein and applied either to green VVounds, or filthy rot-

ter, ten Ulcers, and those that come by invenom'd VVeapons, doth soon cleanse

ter, and heal them. The same is also very good to help the Gout coming of a

ter, cold cause.

Cold Grieffs, Stomach, Cold  
Rheums, Urine, Stone,  
Gravel, Womens Courses,  
Dead Child, Mother, Drop-  
sie, Cramps and Falling-  
sickness, Cold Poyson,  
Sweat, Green Wounds,  
Rotten Ulcers, Gout.

### Sweet-Maudlin.

Descript.] **C**ommon Maudlin hath somewhat long and narrow Leaves snip'd  
about the edges: The Stalks are two foot high, bearing at the  
tops many yellow Flowers, set round together, and all of an equal height, in um-  
bles or tufts like unto Tansie; after which followeth small whitish Seed, almost  
as big as Worm-seed: The whole Herb is sweet and bitter.

63

Place and Time.] It groweth in Gardens, and flowreth in June and July.

Government and Vertues.] The Vertues hereof being the same with Cost-  
mary or Alecost, I shall not trouble you to make any repetition thereof. lest  
my Book grow too big: but rather refer you unto Costmary for satisfaction.

### The Medler.

Descript.] **T**HE Tree groweth near the bigness of the Quince-Tree, spread-  
ing Branches reasonable large, with longer and narrower Leaves  
than either the Apple or Quince, and not dented about the edges: At the end of the  
Sprigs stand the Flowers made of five white, great, broad-pointed Leaves, nicked  
in the middle with some white threads also: after which cometh the Fruit of a  
brownish

brownish green colour being ripe, bearing a Crown as it were on the top, were the five green Leaves; and being rubbed off, or fallen away, the Fruit is seen to be somewhat hollow. The Fruit is very harsh before it is lowed, and hath usually five hard Kernels with it.

There is another kind hereof differing nothing from the former, but that it hath some Thorns on it in several places, which the other hath not; and usually the Fruit is small, and not so pleasant.

*Time and Place.*] They grow in this Land, and flower in May for the most part, and bear Fruit in September and October.

*Government and Vertues.*] The Fruit is old Saturn's, and sure, a be Medicine he hardly hath to strengthen the retentive Faculty, therefore it stays Womens Longings; the good old Man cannot endure VVom

*Miscarriage, Fluxes, stayeth Womens Longings, hinders Miscarriage, Gargle, Womens Courses, Piles, Louking of Meat, or Casting, Bleeding, fresh Wounds, Stone in the Kidneys.*

minds should run a gadding. Also a Plaister made of the Fruit dried before they be rotten, and other convenient things, and applied to the Back, stops Miscarriage in Women with Child. They are very powerfull to stay Fluxes of Blood or Humors in Man or Woman. The Leaves also have the like quality. The Fruit eaten by Women with Child, stayeth their Longings after unusual Meats, and is very effectual

them that are apt to Miscarry, and be Delivered before their Time, to have that Malady, and make them joyfull Mothers. The Decoction of them is good to gargle and wash the Mouth, Throat, and Teeth, when there is any Defluxion of Blood to stay it, or of Humors, which causeth Pains and Swellings. It is a good Bath for Women to sit over that have their Courses flow too abundantly; or for the Piles when they bleed too much. The Pultis or Plaister be made with dried Medlars, beaten and mixed with the Juyc of Red Roses, whereunto a few Cloves and Nutmeg may be added, and a little red Coral also, and applied to the Stomach that is given to casting or loathing of Meat, it effectually helpeth. The dried Leaves in Powder strewed on fresh bleeding Wounds, restraineth the Blood, and healeth up the Wound quickly. The Medlar-stones made into Powder, and drunk in Wine wherein some Parsley-Roots have lien infused all Night, or a little boyled, do break the Stone in the Kidneys, helping to expel it.

### Mellilot, or Kings-Claver.

64 *Descript.*] **T**His hath many green Stalks two or three foot high, rising from a tough long white Root, which dieth not every year, set round about at the Foynts with small, and somewhat long, well smelling Leaves, set three together, unevenly dented about the edge. The Flowers are yellow, and well smelling also, made like other Trefoyls, but small, standing in long spikes one above another, for an hand breadth long, or better, which afterwards turn into long crooked Cods, wherein is contained flat Seed, somewhat brown.

*Place.*] It

Place.] It groweth plentifully in many places of this Land, as in the  
 of Suffolk, and in Essex, as also in Huntington-shire, and in other pla-  
 but most usually in Corn-fields, in corners of Meadows.

Time.] It flowreth in June and July, and is ripe quickly after.

Government and Vertues.] Melilot boyled in Wine, and applied, mollifi-  
 all hard Tumors and Inflammations that happen in the Eyes or other  
 parts of the Body, as the Fundament, or Privy

parts of Men or Women; and sometimes the  
 of a roasted Egg, or fine Flowre, or Poppy-  
 or Endive is added unto it. It helpeth the  
 reading Ulcers in the Head, it being washed  
 with a Lye made thereof. It helpeth the pains  
 the Stomach being applied fresh, or boyled  
 with any of the aforementioned things. It helpeth  
 the pains of the Ears, being dropped into  
 them; and steeped in Vinegar, Rose-water, it

*Hard Tumors and Inflam-  
 mations in the Eyes, or  
 elsewhere, Ulcer in the  
 Head, Stomach pained,  
 Head-ach, Wind, Spleen,  
 Dimness of Sight, stupidity  
 of Senses, strengthens Me-  
 mory, Apoplexy.*

mitigateth the Head-ach. The flowers of Melilot and Camomel are  
 much used to be put together in Clysters to expel VVind, and to ease  
 pains; also into Pultisses for the same purpose, and to assuage Swelling  
 Tumors in the Spleen or other parts, and helpeth Inflammations in any  
 part of the Body. The Juyce dropped into the Eyes, is a singular good  
 Medicine to take away any Film or Skin that cloudeth or dimmeth the  
 Eye-sight. The Head often washed with the distilled VVater of the Herb  
 and Flowers, or a Lye made therewith, is effectual for those that have sud-  
 denly lost their Senses; as also to strengthen the Memory, to comfort the  
 Head and Brains, and to preserve them from Pains and the Apoplexy.

### French and Dog's Mercury.

Descript.] **T**His riseth up with a square green Stalk full of Foynts, two-foot  
 high or thereabouts, with two Leaves at every Foynt, and Bran-  
 ches likewise from both sides of the Stalk, set with fresh green Leaves somewhat  
 broad and long, about the bigness of the Leaves of Basil finely dented about the  
 edges: towards the tops of the Stalks and Branches, come forth at every Foynt  
 in the Male Mercury, two small, round, green Heads standing together upon a  
 short Foot-stalk, which growing ripe, are Seeds, not having any Flowers. In the  
 Female the Stalk is longer, spike-fashion, set round about with small green Husks,  
 which are the Flowers made like small Branches of Grapes which give no Seed,  
 but abide long upon the Stalks without shedding. The Root is composed of many  
 small Fibers, which perisheth every year at the first approach of Winter, and ri-  
 seth again of its own Sowing; and if once it is suffered to sow it self, the Ground  
 will never want afterwards, even both sorts of it.

### Dog's Mercury.

**H**AVING described unto you that which is called French Mercury, I  
 come now to shew you in a Description this kind also.

Descript.] *This is likewise of two kinds; Male and Female, having many Stalks,  
 slender and lower than Mercury, without any Branches at all upon them, the Root*

is set with two Leaves at every Foynnt, somewhat greater than the Female, more pointed and full of Veins, and somewhat harder in handling, of a green colour, and less dented or snip'd about the edges. At the Foynnts Leaves come forth longer Stalks than the former, with two hairy round Seeds on them, twice as big as those of the former Mercury. The taste hereof is by, and the smell somewhat strong and virulent. The Female hath much Leaves standing upon longer Foot-stalks, and the Stalks are also longer: the Foynnts come forth spikes of Flowers, like the French Female Mercury. Roots of them both are many, and full of small Fibres, which run under Ground and mat themselves very much, not perishing as the former Mercuries do; but during the Winter, and shoot forth new Branches every year, for the old dye to the Ground.

Place.] The Male and Female French Mercury are found wild in diverse places of this Land; as by a Village called Brookland in Rumney-Marsh Kent.

The Dog's Mercury in sundry places of Kent also, and elsewhere: but the Female more seldom than the Male.

Time.] They flower in the Summer Months, and therein give their Government and Vertues.] Mercury they say owns this Herb, but I rather think 'tis Venus, and am partly confident of it too: for I never read that Mercury ever minded Womens business so much. I believe he minds his Study more. The Decoction of the Leaves of Mercury, or the Juyce thereof

Purge: Cholerick Humors, Womens Sicknes, Mother, Womens Courses, Strangury, Sore Eyes, Agues, Flegm, Rheums and Catarrhs, Melancholy Humors, Yellow Jaundice, Warts, Scabs, Tettors and Ring-worms, Swellings, Inflammations, Waterish and Melancholy Humors.

in Broth, or drunk with a little Sugar put to it, purgeth cholerick and waterish Humors. Hippocrates commended it wonderfully for Womens Diseases; and applied to the Secret Parts, to ease the Pains of the Mother; and used the Decoction of it, both to procure Womens Courses, and to expel the After-birth. And gave the Decoction thereof with Myrrh or Pepper, or used to apply the Leaves outwardly against the Strangury and Diseases of the Reins and Bladder. He used it also for sore and watering Eyes, and for the deafness and pain in the Ears, by dropping the Juyce thereof into them, and Bathing them after-

wards in White-wine. The Decoction thereof made with Water, and a Cock Chickin, is a most safe Medicine against the hot Fits of Agues. It also cleanseth the Breast and Lungs of Flegm, but a little offendeth the Stomach. The Juyce or distilled Water snuffed up into the Nostrils, purgeth the Head and Eyes of Catarrhs and Rheums. Some use to drink two or three ounces of the distilled Water, with a little Sugar put to it, in the Morning fasting, to open and purge the Body of gross, viscus, and melancholy Humors. It is wonderfull (if it be not fabulous) that Dioscorides and Theophrastus do relate of it, viz. That if Women use these Herbs either inwardly or outwardly for three days together after Conception, and their Courses be past, they shall bring forth Male or Female Children, according to that



Female, that kind of Herb they use. *Marthiolus* saith, That the Seed both of the Male and Female Mercury boyled with Wormwood and drunk, cureth the Yellow Jaundice in a speedy manner. The Leaves or the Juyce rubbed upon Warts, taketh them away. The Juyce mingled with some Vinegar, helpeth of all running Scabs, Tetters, Ring-worms, and the Itch. *Galen* saith, That being applied in manner of a Pultis to any Swelling or Inflammation, it digesteth the Swelling, and allayeth the Inflammation, and is therefore given in Clysters to evacuate from the Belly offensive Humors. The Dog Mercury, although it be less us'd, yet may serve in the same manner, to the same purpose, to Purge waterish and melancholy Humors.

Mint.

Of all the kinds of Mint, the Spear-Mint, or Heart-Mint being most usual, I shall only Describe it as followeth :

[Descript.] Spear-Mint hath divers round Stalks and long, but narrowish Leaves set thereon, of a dark green colour. The Flowers stand in spiked heads at the tops of the Branches, being of a pale blew Colour. The smell or scent hereof is somewhat near unto Basil, it increaseth by the Root under Ground, as all the others do.

[Place.] It is an usual Inhabitant in Gardens, and because it seldom giveth any good Seed, the effect is recompenced by the plentiful increase of the Root, which being once planted in a Garden, will hardly be rid out again.

[Time.] It flowreth not until the beginning of August, for the most part.

[Government and Vertues.] It is an Herb of Venus. *Dioscorides* saith, It

hath a heating, binding, and drying quality, and therefore the Juyce taken in Vinegar, stayeth Bleeding : it stirreth up Venery, or bodily Lust. Two or three Branches thereof taken in the Juyce of four Pomgranates, stayeth the Hiccough, Vomiting, and allayeth the Choler. It dissolveth Imposthumes being laid to with Barley-Meal. It is good to repress the Milk in Womens Breasts, and for such as have swoln, flagging or great Breasts. Applied with Salt, it helpeth the Biting of a mad Dog : with Mead or honeyed Water, it easeth the pains of the Ears, and taketh away the roughness of the Tongue, being rubbed thereupon. It suffereth not Milk to curdle in the Stomach, if the Leaves thereof be steeped or boiled in it before you drink it. Briefly, it is very profitable to the Stomach. The often use hereof is a very powerfull Medicine to stay Womens

Provokes Venery, stays Vomiting, allayeth Choler, Imposthumes, great Breasts, mad Dogs Biting, Pains of the Ears, good for the Stomach, Pains of the Head, Sores and Scabs, Chops of the Fundament, Poyson, helpeth Liver and Stomach, stayeth Vomiting and Hiccough, provoketh Lust, Spleen, Gravel, Stone and Strangury, comforts the Head, sore Mouth, ill Breath, Palate down.

Courses and the Whites. Applied to the Forehead and Temples, it easeth pains of the Head, and is good to wash the Heads of young Children therewith, against all manner of breakings out, Sores or Scabs therein, and heal-eth.

eth the Chops of the Fundament. It is also profitable against the Poys-  
 on of Venomous Creatures. The distilled VVater of Mint is available to  
 the purposes aforesaid, yet more weakly. But if a Spirit thereof be rig-  
 ly and Chymically drawn, it is much more powerfull than the Her-  
 self. *Simeon Sethi* saith, It helpeth a cold Liver, strengthneth the Belly  
 Stomach, causeth Digestion, stayeth Vomits and the Hiccough, it is good  
 against the gnawing of the Heart, provoketh Appetite, taketh away Ob-  
 structions of the Liver, and stirreth up bodily Lust; but therefore  
 much must not be taken, because it maketh the Blood thin and whey-  
 and turneth it into Choler, and therefore Cholerick persons must abstain  
 from it. It is a safe Medicine for the biting of a mad Dog, being bruised  
 with Salt, and laid thereon. The Powder of it being dried and taken after  
 Meat, helpeth digestion, and those that are Splenetick: taken with Wine  
 it helpeth VVomen in their sore Travel in Child-bearing. It is good  
 against the Gravel and Stone in the Kidneys, and the Strangury: Being  
 smelled unto, it is comfortable for the Head and Memory. The Decoction  
 thereof gargled in the Mouth, cureth the Gums and Mouth that is sore  
 and mendeth an ill-savour'd Breath; as also their Rew and Coriander  
 causeth the Palate of the Mouth that is down to return to his place, the  
 Decoction being gargled and held in the Mouth.

The Vertues of the VVild or Horse-mint, such as grow in Ditches (whose  
 Description I purposely omitted, in regard they are well enough known)

*Wind, Venereal Dreams,  
 and nightly Pollutions,  
 Ears pained, Biting of  
 Serpents, Kings-Evil, a  
 Stinking Breath, Leprosie,  
 Dandriff.*

are especially to dissolve VVind in the Stomach  
 to help the Colick, and those that are Short-  
 winded, and are an especial Remedy for those  
 that have Venereal Dreams and Pollutions in the  
 Night, being outwardly applied to the Testicles  
 or Cods. The Juyce dropped into the Ears, ease-  
 seth the pains of them, and destroyeth the  
 VVorms that breed therein. They are good  
 against the Venomous Biting of Serpents. The Juyce laid on warm, helpeth  
 the Kings-Evil, or Kernels in the Throat. The Decoction or distilled VVater  
 helpeth a stinking Breath, proceeding from the Corruption of the  
 Teeth, and snuffed up into the Nose, purgeth the Head. *Pliny* saith, That  
 eating of the Leaves hath been found by experience to Cure the Leprosie  
 and applying some of them to the Face, and to help the Scurf or Dandriff  
 of the Head, used with Vinegar.

They are extream bad for wounded people and they say a wounded man  
 that eats Mint, his VVound will never be Cured; and that's a long day.

### Mistleto.

Descript.] *This riseth up from the Branch or Arm of the Tree whereon it  
 groweth with a woody Stem, parting it self into sundry Bran-  
 ches, and they again divided into many other smaller Twigs, interlacing them-  
 selves one within another, very much covered with a grayish green Bark,  
 having two Leaves set at every Joynt, and at the end likewise, which are*

*some-*

somewhat long and narrow, small at the bottom, but broader towards the end. At the Knots or Joynts of the Boughs and Branches grow small yellowish Flowers, which turn into small, round, white, transparent Berries, three or four together, full of glutinous moisture, with a blackish Seed in every of them; which was never yet known to spring, being put into the Ground, or any where else to grow.

*Place.*] It groweth very rarely on Oaks with us; but upon sundry other, as well Timber as Fruit-Trees, plentifull in Woods, Groves, and the like, through all this Land.

*Time.*] It flowreth in the Spring-time, but the Berries be not ripe until October, and abide on the Branches all the Winter, unless the Black-birds and other Birds do devour him.

*Government and Vertues.*] That it is under the Dominion of the Sun, I do not question; and can also take for granted, That that which grows upon Oaks participates something of the Nature of *Jupiter*, because an Oak is one of his Trees; as also that which grows upon Pear-trees and Apple-trees participates something of his Nature, because he rules the Trees it grows upon, having no Root of its own. But why that should have most Vertues that grows upon Oaks, I know not, unless because it is rarest, and hardest to come by; and our Colledge's Opinion is in this contrary to Scripture, which saith, *God's tender mercies are over all his Works*; and so 'tis, let the Colledge of Physicians walk as contrary to him as they please, and that's as contrary as the East is to the West. *Clusius* affirms, That which grows upon Pear-trees to be as prevalent, and gives order, that it should not touch the Ground after it is gathered; and also saith, That being hung about the Neck, it remedies Witch-craft. Both the Leaves and Berries of *Misselto* do heat and dry, and are of subtile parts, the Birdlime doth mollifie hard Knots, Tumors and Imposthumes, ripeneth and discusseth them; and draweth forth thick, as well as thin Humors from the Remote parts of the Body, digesting and separating them. And being mixed with equal parts of Rozin and Wax, doth mollifie the hardness of the Spleen, and healeth old Ulcers and Sores. Being mixed with Sandarack and Orpiment, it helpeth to draw off foul Nails; and if Quicklime and Wine-Lees be added thereunto, it worketh the stronger. The *Misselto* it self of the Oak (as the best) made into Powder, and given in drink to those that have the Falling-sickness, doth assuredly heal them, as *Matthiolus* saith, but it is fit to use it for forty days together. Some have so highly esteemed of the Vertues hereof, that they have called it *Lignum Sanctæ Crucis*, Wood of the holy Cross, believing it to help the Falling-sickness, Apoplexy, and Palsie very speedily, not only to be inwardly taken, but to be hung at their Neck. *Tragus* saith, That the fresh Wood of any *Misselto* bruised, and the Juyce drawn forth and dropped into the Ears that have Imposthumes in them, doth help and ease them within a few days.

Witch-craft, Imposthumes, Spleen, Ulcers, Falling-sickness, Apoplexy, Palsie, Imposthumes.

## Money-wort, or Herb Two-pence.

**Descript.]** **T**HE common Money-wort sendeth forth from a small threddy Root, divers long, weak, and slender Branches lying and running upon the Ground, two or three foot long or more, set with Leaves two at a Foyn one against another at equal distances, which are almost round, but pointed at the ends, smooth and of a good green colour. At the Foyns, with the Leaves from the middle forward come forth at every Foyn sometimes one yellow Flower, and sometimes two, standing each on a small Foot-stalk, and made of five Leaves, narrow-pointed at the ends, with some yellow threds in the middle: which being past, there stand in their places small round beads of Seed.

**Place.]** It groweth plentifully in almost all places of this Land, commonly in moist Grounds by Hedge-sides, and in the middle of grassie Fields.

**Time.]** They flower in June and July, and their Seed is ripe quickly after.

**Government and Vertues.]** Venus owns it. Money-Wort is singular good to stay all Fluxes in Man or Woman, whether they be Lasks, Bloody-Fluxes, the flowing of Womens Courses, Bleedings inwardly or outwardly, and the weakness of the Stomach that is given to Casting. It is very good also for all Ulcers or Excoriations of the Lungs or other inward parts. It is exceeding good for all Wounds either fresh or green, to heal them speedily, and for all old Ulcers that are of spreading Natures. For all which purposes the Juyce of the Herb, or the Powder drunk in Water wherein hot Steel hath been often quenched, or the Decoction of the green Herb in Wine or Water drunk, or the Seed, Juyce, or Decoction used to the outward places to wash or bathe them; or to have Tents dipped therein, and put into them, are effectual.

## Moon-wort.

**Descript.]** **I**T riseth up usually but with one dark, green, thick and flat Leaf, standing upon a short Foot-stalk, not above two Fingers breadth; but when it will flower, it may be said to bear a small slender Stalk, about four or five inches high, having but one Leaf set in the middle thereof, which is much divided on both sides into sometimes five or seven parts on a side, sometimes more, each of which parts is small like the middle Rib, but broad forwards, and round-pointed, resembling therein a Half-moon, from whence it took the name, the uppermost parts or divisions being less than the lowest. The Stalk riseth above this Leaf two or three Inches, bearing many Branches of small long Tongues, every one like the spikie Head of the Adders Tongue, of a brownish colour, which whether I shall call them Flowers or the Seed, I well know not: which after they have continued a while, resolve into a mealy dust. The Root is small and fibrous. This hath sometimes divers such-like Leaves as are before described, with so many Branches or Tops rising from one Stalk, each divided from the other.

**Place.]**



Place.] It groweth on Hills and Heaths, yet where there is much Grasse, for therein it delighteth to grow.

Time.] It is to be found only in April and May, for in June when any hot Weather cometh, for the most part it is withered and gone.

Government and Vertues.] The Moon owns the Herb. Moon-wort is cold and drying more than Adders-Tongue, and is therefore held to be more available for all Wounds both inward and outward. The Leaves boiled in red Wine and drunk, stayeth the immoderate Flux of VVomens Courses, and the VVhites. It also stayeth Bleeding, Vomiting, and other Fluxes. It helpeth all Blows and Bruises, and to consolidate all Fractures and Dislocations. It is good for Ruptures, but it is chiefly used by most with other Herbs to make Oyls or Balsoms to heal fresh or green VVounds (as I said before) either inward or outward, for which it is excellent good.

Womens Courses, Bleedings, Vomiting, Fluxes, broken and disjoynted Bones, green Wounds.

Moon-wort is an Herb which, they say, will open Locks, and unhooe such Horses as tread upon it: this some laugh to scorn, and those no small Fools neither; but Country people that I know call it *unshoe the Horse*. Besides, I have heard Commanders say, That on *Whire-down* in *Devon-shire*, near *Tiverton*, there was found Thirty Horse-shoes pulled off from the Feet of the Earl of *Essex* his Horses, being there drawn up into a body, many of them being but newly shod, and no reason known, which caused much Admiration: and the Herb described usually grows upon Heaths.

## Mosses.

I shall not trouble the Reader with any Description of these, sith my intent is to speak only of Two Kinds as the most Principal, viz. *Ground-Mosses*, and *Tree-Moss*, both which are very well known.

Place.] The *Ground-Moss* groweth in our moist VVoods, and the bottoms of Hills, in boggy Grounds, and in shadowy Ditches, and many other such-like places.

The *Tree-Moss* groweth only on Trees.

Government and Vertues.] All sorts of Mosses are under the Dominion of Saturn. The *Ground-Moss* is held to be singular good to break the Stone, and to expel and drive it forth by Urine, being boiled in VVine and drunk. The Herb bruised and boiled in VVater and applied easeth all Inflammations and Pains coming of an hot Cause; and is therefore used to ease the Pains of the hot Gout.

Stone, Inflammations.

The *Tree-Mosses* are cooling and binding, and partake of a digesting and mollifying quality withall, as *Galen* saith. But each Moss doth partake of the Nature of the Tree from whence it is taken: therefore that of the Oak is more binding, and is of good effect to stay Fluxes in Man or VVoman; as also Vomiting or Bleedings, the

Fluxes, Vomiting, Bleeding, Womens Courses.

Powder thereof being taken in Wine. The Decoctions thereof in Wine are very good for Women to be bath'd with, or to sit in that are troubled with the over-flowing of their Courfes. The same being drunk, stayeth the Stomach that is troubled with Casting, or the Hiccough; and, as *Avicenna* saith, it comforteth the Heart. The Powder thereof taken in drink for some time together, is thought available for the Dropisie.

*Dropfie, Head-ach, Sinews.* The Oyl of Roses that have had fresh Moſs steeped therein for a time, and after boyled, and applied to the Temples and Forehead, doth marvellously ease the Head-ach coming of a hot Cause; as also the Distillations of hot Rheum or Humors to the Eyes or other parts. The Ancients much used it in their Oyntments and other Medicines against Lassitude, and to strengthen and comfort the Sinews. For which, if it was good then, I know no reason but it may be found so still.

### Mother wort.

**Descript.]** **T**His hath a hard, square, brownish, rough, strong Stalk, rising three or four Foot high at least, Spreading into many Branches, whereon grow Leaves on each side with long Foot-stalks, two at every Joyn, which are somewhat broad and long, as it were rough or crumpled, with many great Veins therein of a sad green colour, and deeply dented about the edges, and almost divided. From the middle of the Branches up to the tops of them (which are very long and small) grow the Flowers round about them at distances, in sharp-pointed, rough, hard Husks, of a more red or purple colour than Balm or Horehound, but in the same manner or form as the Horebonds: after which come small, round, blackish Seeds in great plenty. The Root sendeth forth a number of long strings and small Fibers, taking strong hold in the Ground, of a dark yellowish or brownish colour, and abideth as the Horehound doth, the smell of this not much different from it.

**Place.]** It groweth only in Gardens with us in England.

**Government and Vertues.]** Venus owns the Herb, and it is under Leo.

*Melancholy Vapors, Swoonings, sore Travel, Mother, Urine; Womens Courfes, Flegm, cold Flegm, Cramps, Convulsions.*

There is no better Herb to drive Melancholy Vapors from the Heart, to strengthen it, and make a merry, cheerfull, blith Soul, than this Herb. It may be kept in a Syrup or Conserve, therefore the Latins called it *Cordiacæ*. Besides, it makes Women joyfull Mothers of Children, and settles their Wombs as they should be; therefore

we call it *Mother-wort*. It is held to be of much use for the Trembling of the Heart, and Faintings, and Swoonings, from whence it took the Name *Cordiacæ*. The Powder thereof to the quantity of a Spoonfull drunk in Wine, is a wonderfull help to Women in their sore Travail, as also for the Suffocations or risings of the Mother; and for these effects it is likely it took the Name of *Mother-wort* with us. It also provoketh Urine and Womens Courfes, cleanseth the Chest of cold Flegm oppressing it, and killeth Worms in the Belly. It is of good use to warm and dry up the cold Humors, to digest and disperse them that are settled in the Veins, Joynts and Sinews of the Body, and to help Cramps and Convulsions.

Mouſe-

## Mouſe-Ear.

**Deſcript.]** **M**ouſe-Ear is a low Herb creeping upon the Ground by ſmall Strings like the Strawberry-Plant, whereby it ſhooteth forth ſmall Roots, whereat grow upon the Ground many ſmall and ſomewhat ſhort Leaves ſet in a round form together, and very hairy, which being broken, do give a White Milk: from among theſe Leaves ſpring up two or three ſmall hoary Stalks about a ſpan high, with a few ſmaller Leaves thereon; at the tops whereof ſtanderh uſually but one Flower, conſiſting of many paler yellow Leaves, broad at the points, and a little dented in, ſet in three or four rows, the greater outermoſt, very like a Dandelion Flower, and a little reddiſh underneath about the edges, eſpecially if it grow in a dry Ground: which after they have ſtood long in Flower, do turn into Down, which with the Seed is carried away with the Wind.

**Place.]** It groweth on Ditch-Banks, and ſometimes in Ditches, if they be dry, and in ſandy Grounds.

**Time.]** It flowreth about June and July, and abideth green all the Winter.

**Government and Vertues.]** The Moon owns the Herb alſo, and though Authors cry out upon Alchymiſts for attempting to fix Quick-ſilver by this Herb and Moonwort: A Roman would not have judged a thing by the ſucceſs: if it be to be fixed at all, 'tis by Lunar Influence. The Juyce hereof taken in Wine, or the Decoction thereof drunk, doth help the Jaundice, although of long continuance, to drink thereof Morning and Evening, and abſtain from other drink two or three hours after: It is a ſpecial Remedy againſt the Stone, and the tormenting pains thereof; as alſo other Tortures and griping pains of the Bowels. The Decoction thereof with Succory and Centaury, is held very effectual to help the Dropſie, and them that are inclining thereunto, and the Diſeaſes of the Spleen. It ſtayeth the Fluxes of Blood, either at the Mouth or Noſe, and inward Bleedings alſo, for it is a ſingular Wound-  
Herb for VVounds both inward and outward: It helpeth the Bloody-flux, and helpeth the abundance of VVomens Courſes. There is a Syrup made of the Juyce hereof, and Sugar, by the Apothecaries of Italy, and other places, which is of much account with them, to be given to thoſe that are troubled with the Cough or Ptifick: The ſame alſo is ſingular good for Ruptures or Burſtings. The green Herb bruſed and preſently bound to any Cut or Wound, doth quickly ſoder the Lips thereof. And the Juyce, Decoction, or Powder of the dried Herb, is moſt ſingular to ſtay the malignity of ſpreading and fretting Cankers and Ulcers whatſoever, yea in the Mouth, and Secret Parts: The diſtilled Water of the Plant is available in all the Diſeaſes aforeſaid, and to waſh outward VVounds and Sores, and apply Tents, or Cloſhes wet therein.

*Jaundice, Stone, Belly-ack, Dropſie, Flux, Wounds, Bloody-flux, Terms ſtops, Cough, Ptifick, Ruptures, Canker, Ulcers, ſpreading Sores.*

## Mugwort.

**Descript.]** Common Mugwort hath divers Leaves lying upon the Ground very much divided, or cut deeply in about the brims, somewhat like Wormwood, but much larger, of a dark green Colour on the upper side, and very hoary white underneath. The Stalks rise to be four or five Foot high, having on it suck-like Leaves as these below, but somewhat smaller, branching forth very much towards the top, whereon are set very small, pale, yellowish Flowers like Buttrons, which fall away; and after them come small Seeds inclosed in round Heads. The Root is long and hard, with many small Fibers growing from it, whereby it taketh strong hold in the Ground, but both Stalk and Leaf do lye down every Year, and the Root shooteth anew in the Spring. The whole Plant is of a reasonable good scent, and is more easily propagated by the slips, than by the Seed.

**Place.]** It groweth plentifully in many places of this Land, by the Way-sides; as also by small Water-Courses, and in divers other places.

**Time.]** It flowreth and seedeth in the end of Summer.

**Government and Vertues.]** This is an Herb of Venus, therefore maintaineth the parts of the Body she rules, remedies the Diseases of the parts that are under her Signs, Taurus and Libra. Mugwort is with good success put among other Herbs that are boiled for Women to sit over the hot Decoction, to draw down their Courses, to help the Delivery of their Birth, and expel the After-birth; as also for the Obstructions and Inflammations of the Mother. It breaketh the Stone, and causeth one to make Water where it is stopped. The Juyce thereof made up with Myrrh, and put under as a Pessary, worketh the same effects, and so doth the Root also, being made up with Hogs-grease into an Oyntment, it taketh away Wens and hard Knots, and Kernels that grow about the Neck and Throat, and easeth the Pains about the Neck more effectually, if some Field-Daisies be put with it; the Herb it self being fresh, or the Juyce thereof taken. is a special Remedy upon the over-much taking of Opium. Three Drams of the Powder of the dryed Leaves taken in Wine, is a speedy and the best certain help for the Sciatica. A Decoction thereof made with Camomel and Agrimony, and the place bathed therewith while it is warm, taketh away the Pains of the Sinews and the Cramp.

## The Mulberry-Tree.

**T**His is so well known where it groweth, that it needeth no Description. **Time.]** It beareth Fruit in the Months of July and August.

**Government and Vertues.]** Mercury rules the Tree, therefore are its Effects variable as his are. The Mulberry is of different parts: The ripe Berries, by reason of their sweetness and slippery Moisture, opening the Body, and the unripe binding it, especially when they are dried, and then they are good



good to stay Fluxes, Lasks, and the abundance of Womens Courfes. The Bark of the Root killeth the broad Worms in the Body. The Juyce or the Syrup made of the Juyce of the Berries, helpeth all Inflammations or Sores in the Mouth or Throat, and the Palate of the Mouth when it is fallen down. The Juyce of the Leaves is a Remedy againſt the Biting of Serpents, and for thoſe that have taken *Aconite*: The Leaves beaten with Vinegar are good to lay on any place that is burnt with Fire. A Decoction made of the Bark and Leaves is good to waſh the Mouth and Teeth when they ake. If the Root be a little ſlit or cut, and a ſmall hole made in the Ground next thereunto, in the Harveſt-time, it will give out a certain Juyce which being hardned, the next day is of good uſe to help the Tooth-ach, to diſſolve Knots, and purge the Belly: The Leaves of Mulberries are ſaid to ſtay Bleeding at Mouth or Noſe, or the Bleeding of the Piles, or of a Wound, being bound unto the places. A Branch of the Tree taken when the Moon is at the full, and bound to the Wriſt of a Vomans Arm, whoſe Courſes come down too much, doth ſtay them in ſhort ſpace.

*Bleeding, Fluxes, Lasks, Terms ſtops, Inflammation, Uvula, ſore Mouth and Throat, Tooth-ach, Bleeding, Hemorrhoids.*

*A Curious Secret.*

### Mullein.

**Deſcript.]** Common white Mullein hath many fair, large, woolly, white Leaves, lying next the Ground, ſomewhat larger than broad, pointed at the ends, and as it were dented about the edges: The Stalk riſeth up to be four or five Foot high, covered over with ſuch like Leaves, but leſſer, ſo that no Stalk can be ſeen for the multitude of Leaves thereon up to the Flowers, which come forth on all ſides of the Stalk, without any Branches, for the moſt part, and are many ſet together in a long ſpike, in ſome of a yellow colour, in others more pale, conſiſting of five round-pointed Leaves, which afterwards have ſmall round Heads, wherein is ſmall browniſh Seed contained: The Root is long, white, and woody, perishing after it hath born Seed.

**Place.** It groweth by Way-fides, and Lanes, in many places of this Land.


**Time.]** It flowreth in July, or thereabouts.

**Government and Vertues.]** It is under the Dominion of Saturn. A ſmall quantity of the Root given in Wine, is commended by Dioſcorides againſt Lasks and Fluxes of the Belly: The Decoction hereof drunk, is profitable for thoſe that are Burſten, and for Cramps and Convulſions, and for thoſe that are troubled with an old Cough. The Decoction thereof gargled, eaſeth the Pains of the Tooth-ach. And Oyl made by the often infuſion of the Flowers, is of very good effect for the Piles. The Decoction of the Root in red Wine, or in Water (if there be an Ague) wherein red hot Steel hath been often quenched, doth ſtay

*Fluxes, Ruptures, Cramp, Convulſions, Cough, Tooth-ach, Hemorrhoids, Bloody-flux, Obſtructions, Reins, Bladder, Sinews, Gout, Warts, Belly-ach, Colick, Inflammation, Thorns, Splinters, Boyls, Groin, Diſjunctures.*

the Bloody-flux: The same also openeth Obstructions of the Bladder and Reins when one cannot make VVater. A Decoction of the Leaves hereof and of Sage, Marjerom and Camomel-flowers, and the places bathed therewith that have Sinews stark with Cold, or Cramps, doth bring them much ease and comfort. Three Ounces of the distilled VVater of the Flowers drunk morning and evening for some days together, is said to be the most excellent Remedy for the Gout. The Juyce of the Leaves and Flowers being laid upon rough VVarts; as also the Powder of the dried Roots rubbed on, doth easily take them away; but doth no good to smooth VVarts. The Powder of the dried Flowers is an especial Remedy for those that are troubled with Belly-aches, or the pains of the Colick. The Decoction of the Root, and so likewise of the Leaves, is of great effect to Dissolve the Tumors, Swellings or Inflammation of the Throat. The Seed and Leaves boiled in VVine, and applied, draw forth speedily Thorns or Splinters gotten into the Flesh, ease the pains, and heal them also. The Leaves bruised and wrapped in double Papers, and covered with hot Ashes and Embers to bake a while, and then taken forth and laid warm on any Botch or Boil hapning in the Groin or Share, doth dissolve and heal them. The Seed bruised and boiled in VVine, and laid on any Member that hath been out of Joynt, and is newly set again, taketh away all swelling and pain thereof.

### Mustard.

**Descript.]**  *OUR common Mustard hath large and broad rough Leaves, very much jagged with uneven and unorderedly galbes, somewhat like Turnip-Leaves, but lesser and rougher: The Stalk riseth to be more than a Foot high, and sometimes two Foot high, being round, rough and branched at the top, bearing suck-like Leaves thereon as grow below, but lesser, and less divided, and divers yellow Flowers one above another at the tops, after which come small rough Pods with small lank flat ends, wherein is contained round yellowish Seed, sharp, hot, and biting upon the Tongue. The Roots small, long and woody, when it beareth Stalks, and perisheth every year.*

**Place.]** This groweth with us in Gardens only, and other Manured places.

**Time.]** It is an annual Plant, flowering in July, and their Seed is ripe in August.

**Government and Vertues.]** It is an excellent Sawce for such whose Blood wants Clarifying, and for weak Stomachs, being an Herb of Mars, but nought for Cholerick People, though as good for such as are Aged or troubled with cold Diseases: Aries claims something to do with it, therefore it strenghtens the Heart, and resisteth Poyson: let such whose Stomachs are so weak they cannot digest their Meat, or Appetite it, Take of Mustard-seed a Dram, Cinnamon as much, and having beaten them to Powder, and half as much Mastick in Powder, and with Gum Arabick dissolved in Rose-water make it up into Troches, of which they may take one of about half a dram weight an hour or two before Meals; let old Men

Men and Women make much of this Medicine, and they will either give thanks, or shew manifest ingratitude. Mustard-seed hath the Vertue of heating, discussing, rarifying and drawing out the Splinters of Bones, and other things out of the Flesh. It is of good effect to bring down Womens Courses, for the Falling-sickness or Lethargy, drowsie forgetfull Evil, to use it both inwardly and outwardly to rub the Nostrils, Forehead and Temples, to warm and quicken the Spirits, for by the fierce sharpness it purgeth the Brain by Sneezing, and drawing down Rheum and other viscus Humors, which by their Distillations upon the Lungs and Chest, procure Coughing; and therefore with some Honey added thereto, doth much good therein. The Decoction of the Seed made in Wine and drunk, provoketh Urine, resisteth the force of Poyson, the malignity of Mushrooms, and the Venom of Scorpions, or other Venomous Creatures, if it be taken in time; and taken before the cold Fits of Agues, altereth, lesseneth, and cureth them. The Seed taken either by its self or with other things, either in an Elestuary or Drink, doth mightily stir up Bodily Lust, and helpeth the Spleen and Pains in the Sides, and Gnawings in the Bowels. And used as a Gargle, draweth up the Palate of the Mouth being fallen down; and also it dissolveth the Swellings about the Throat, if it be outwardly applied. Being chewed in the Mouth, it oftentimes helpeth the Tooth-ach. The outward application hereof upon the pained places of the Sciatica, discusseth the Humors, and easeth the pains, as also of the Gout, and other Joynt-aches, and is much and often used to ease pains in the Sides or Loins, the Shoulders or other parts of the Body, upon the applying thereof to raise Blisters, and cureth the Disease by drawing it to the outward parts of the Body: It is also used to help the falling off of the Hair: The Seed bruised mixed with Honey and applied, or made up with Wax, taketh away the Marks and Black and Blew Spots of Bruises, or the like, the roughness or scabbiness of the Skin, as also the Leprosie and Lousie-Evil: It helpeth also the Crick in the Neck. The distilled Water of the Herb when it is in Flower, is much used to drink inwardly to help in any of the Diseases aforesaid, or to wash the Mouth when the Palate is down, and for the Diseases of the Throat to gargle, but outwardly also for Scabs, Itch, or other the like Infirmities. and cleanseth the Face from Morpew, Spots, Freckles, and other Deformities.

*Heats, Dries, Splinters, Thorns, Terms provokes, Falling-sickness, Lethargy, Sneezing, Dysury, Poyson, Mushrooms, Venomous Beasts, Agues, Lust provokes, Spleen, Uvula, Sciatica, Tooth-ach, Pains, Hair, Bruises, black and blew Spots, Roughness, Leprosie, Lousie-Evil, Morpew, Freckles, Wry-Necks.*

### The Hedge-Mustard.

Descript.] **T**His groweth up usually but with one blackish green Stalk, tough, easie to bend, but not break, branched into divers parts, and sometimes with divers Stalks set full of Branches, whereon grow long, rough on hard

hard rugged Leaves, very much torn or cut on the edges into many parts, some bigger, and some lesser, of a dirty green Colour: the Flowers are small and yellow that grow at the tops of the Branches in long spikes, flowering by degrees; so continuing long in flower, the Stalks will have small round Cods at the bottom growing upright, and close to the Stalk, while the top Flowers yet shew themselves in which are contained small yellow Seed sharp and strong, as the Herb is also. The Root groweth down slender and woody, yet abiding, and springing again every year.

*Place.*] This groweth frequently in this Land, by the Ways and Hedgesides, and sometimes in the open Fields.

*Time.*] It flowreth most usually about July.

*Government and Vertues.*] Mars owns this Herb also. It is singular good in all the Diseases of the Chest and Lungs, Hoarsness of Voice, and by the

Chest, Lungs, Hoarsness, Cough, Shortness of Breath, Jaundice, Pleurisie, Back, Loins, Belly, Colick, Poyson, Sciatica, Gout, Joynts, Fistulaes, Ulcers, Cankers, Testicles, Womens Breasts.

use of the Decoction thereof for a little space those have been recovered who had utterly lost their Voice, and almost their Spirits also.

Juyce thereof made into a Syrup, or licking Medicine, with Honey or Sugar, is no less effectual for the same purpose, and for all other Coughs, Wheezing, and shortness of Breath. The same is also profitable for those that have the Jaundice, the Pleurisie, Pains in Back and Loins, and

for Torments in the Belly, or Colick, being also used in Clysters. The Seed is held to be a special Remedy against Poyson and Venom. It is singular good for the Sciatica, the Gout, and all Joynt-aches, Sores, and Cankers in the Mouth, Throat, or behind the Ears; and no less for the hardness and swelling of the Testicles, or of Womens Breasts.

### Nailwort or Whitlow-grass.

*Descript.* **T**His very small and common Herb hath no Roots, save only a few strings; neither doth it ever grow to be above a hand's breadth high, the Leaves are very small, and something long, not much unlike those of Chickweed: among which rise up divers slender Stalks, bearing many white Flowers one above another, which are exceeding small: after which come small flat Pouches containing the Seed, which is very small, but of a sharp taste.

*Place.*] It grows commonly upon old Stone and Brick-Walls, and sometimes in dry gravelly Grounds, especially if there be Grass or Moss near to shadow it.

*Time.*] They flower very early in the year, sometimes in January, and in February, for before the end of April they are not to be found.

*Government and Verrues.*] It is held to be exceeding good for those Imposthumes in the Joynts, and under the Nails, which they call Whitlows, Felons, Andicoms, and Nail-wheals. Such as would be knowing Physicians, let them read these Books of mine of the

last Edition, viz. *Riverius, Riolanus, Johnson, Veslingus, Sennertus.*



Nep or Catmint.

*descript.*] **C**ommon Garden Nep shooteth forth hard four-square Stalks with a hoariness on them, a yard high or more, full of Branches, bearing at every Joynt two broad Leaves somewhat like Balm, but longer pointed, softer, whiter and more hoary, nicked about the edges, and of a strong sweet scent. The Flowers grow in large Tufts at the tops of the Branches, and underneath them likewise on the Stalks many together, of a whitish purple colour. The Roots are composed of many long Strings or Fibres, fastning themselves stronger in the Ground, and abide with green Leaves thereon all the Winter.

*Place.*] It is only nurled up in our Gardens.

*Time.*] And it flowreth in July or thereabouts.

*Government and Vertues.*] It is an Herb of *Ve-* *g.* *nus.* Nep is generally used for Women to procure their Courses, being taken inwardly or outwardly, either alone or with other convenient Herbs in a Decoction to bathe them, or sit over the hot Fumes thereof, and by the frequent use thereof, it takes away Barrenness, and the Wind, and Pains of the Mother. It is also used in Pains

Terms provokes Barrenness, Womb, Wind, Mother, Cough, Rheums, Vertigo, Cramp, Cold Ach, Difficulty of Break, Bruises, Hemorrhoids, Scabby Heads.

of the Head coming of any cold Cause, Catarrhs, Rheums, and for Swimming and Giddiness thereof, and is of especial use for the Windiness of the Stomach and Belly. It is effectual for any Cramp or cold Aches, to dissolve the Cold and Wind that afflicteth the Place, and is used for Colds, Coughs, and shortness of Breath. The Juyce thereof drunk in Wine, is profitable for those that are bruised by an accident. The green Herb bruised and applied to the Fundament, and lying there two or three hours, easeth the pains of the Piles. The Juyce also being made up into an Oyntment, is effectual for the same purpose: The Head washed with a Decoction thereof, it taketh away Scabs, and may be effectual for other parts of the Body also.

Nettles.

**N**ettles are so well known, that they need no Description at all, they may be found by feeling in the darkest Night.

*Government and Vertues.*] This is also an Herb *Mars* claims Dominion over. You know *Mars* is hot and dry, and you know as well that Winter is cold and moist; then you may know as well the reason why Nettle-tops eaten in Spring, consume the flegmatick Superfluities in the Body of Man, that the coldness and moisture of Winter hath left behind. The Roots or Leaves boyled, or the Juyce of either of them, or both, made into an Electuary with Honey or Sugar, is a safe and sure Medicine to open the Pipes and Passages of the Lungs, which is the cause of Wheezing, and shortness of Breath, and helpeth to expectorate tough Flegm, as also to

Lungs, wheezing, shortness of Breath, Pleurisie, Almonds of the Ears, Throat, Mouth, Uvula.

raile

*Terms provokes, Mother, Dysury, Gravel, Worms, Spleen, Bleeding, Venomous Beasts, Mad Dogs, Hemlock, Henbane, Nightshade, Mandrakes, Lethargy, Morpew, Leprosie, Bleeding, Polypus, Ulcers, Fistula's, Gangreens, Scabs, Itch, Wounds, Weariness, Disjunctures, Gout, Sciatica, Joynts.*

raise the imposthumed Pleurisie, and spend in Spitting; the same helpeth the Swelling of the Almonds of the Throat, the Mouth and Throat being gargled therewith. The Juyce is also effectual to settle the Palate of the Mouth in that place, and to heal and temper the Inflammations and soreness of the Mouth and Throat. The Decoction of the Leaves in Wine, being drunk, is singular good to provoke Womens Courses, and settle the Suffocation, strangling of the Uterus, and all other Diseases thereof, as also applied outwardly with a little Myrrh. The same also, or the Seed, provoketh Urine, and expelleth the Gravel and Stone in the Reins or Bladder, often proved to be effectual in many that have taken it. The same killeth the Worms in Children, easeth pains in the Sides, and dissolveth the Windiness in the Spleen, as also in the Body, although others think it only powerfull to provoke Venery. The Juyce of the Leaves taken two or three days together, stayeth Bleeding at the Mouth. The Seed being drunk, is a Remedy against the stinging of Venomous Creatures, the biting of mad Dogs, the poysonfull qualities of Hemlock, Henbane, Nightshade, Mandrake, or other such-like Herbs that stupifie or dull the Senses; as also the Lethargy, especially to use it outwardly to rub the Forehead or Temples in the Lethargy, and the places bitten or stung with Beasts, with a little Salt. The distilled Water of the Herb is also effectual (although not so powerfull) for the Diseases aforesaid, as for outward Wounds and Sores to wash them, and to cleanse the Skin from Morpew, Leprosie, and other discolourings thereof. The Seed or Leaves bruised, and put into the Nostrils, stayeth the Bleeding of them, and taketh away the Flesh growing in them, called *Polypus*. The Juyce of the Leaves, or the Decoction of them, or of the Root, is singular good to wash either old, rotten or stinking Sores, or Fistulaes and Gangreens, and such as are fretting, eating, or corroding Scabs, Manginess and Itch in any part of the Body, as also green Wounds, by washing them therewith, or applying the green Herb bruised thereunto, yea although the Flesh were separated from the Bones: the same applied to our wearied Members, refresheth them, or to places that have been out of Joynt, being first set up again, strengtheneth, drieth and comforteth them, as also those places troubled with Aches and Gouts, and the defluxion of Humors upon the Joynts or Sinews, it easeth the Pains, and drieth or dissolveth the Defluxions. An Oyntment made of the Juyce, Oyl, and a little Wax, is singular good to rub cold and benumbed Members. An handful of the Leaves of green Nettles, and another of Wall-wort, or Dane-wort bruised and applied simply of themselves to the Gout, Sciatica, or Joynt-aches in any part, hath been found to be an admirable help thereunto.

## Night-shade.

[*Descript.*] **C**ommon Night-shade hath an upright, round, green, hollow Stalk, about a foot or half a yard high, bushing forth into many Branches, whereon grow many green Leaves, somewhat broad, and pointed at the ends, soft and full of Juyce, somewhat like unto Basil, but larger, and a little uneven-dented about the edges: at the tops of the Stalks and Branches come forth three or four more white Flowers made of five small pointed Leaves a piece, standing on a Stalk together, one above another, with yellow pointels in the middle, composed of four or five yellow threds set together, which afterwards run into so many penululous green Berries of the bigness of small Pease, full of green Juyce, and small whitish round flat Seed lying within it. The Root is white, and a little woody when it hath given Flower and Fruit with many small Fibres at it: The whole Plant is of a waterish insipid taste, but the Juyce within the Berries is somewhat viscus, and of a cooling and binding quality.

[*Place.*] It groweth wild with us, under old Walls, and in Rubbish, the common Paths, and sides of Hedges and Fields, as also in our Gardens here in England without any planting.

[*Time.*] It dieth down every year, and riseth again of its own sowing, but springeth not untill the latter end of April at the soonest.

[*Government and Vertues.*] It is a cold Saturnine Plant. This common Night-shade is wholly used to cool hot Inflammations either inwardly or outwardly, being no way dangerous to any that shall use it, as most of the rest of the Night-shades are; yet it must be used moderately. The distilled Water only of the whole Herb is fittest and safest to be taken inwardly: The Juyce also clarified and taken, being mingled with a little Vinegar, is good to wash the Mouth and Throat that is inflamed:

*Inflammations, Inflammations in the Eyes, Shingle, Ring-worms, Terms stops, Testicles, Gout, Ears.*

But outwardly the Juyce of the Herb or Berries with Oyl of Roses and a little Vinegar and Cerus laboured together in a leaden Mortar, is very good to anoint all hot Inflammations in the Eyes: It also doth much good for the Shingles, Ring-worms, and in all running, fretting and corroding Ulcers, and in moist Fistulaes, and if the Juyce be made up with some Hens Dung and applied thereunto: A Pessary dipped in the Juyce, and dropped into the Matrix, stayeth the immoderate Flux of Womens Courses: A Cloth wet therein, and applied to the Testicles or Cods, upon any Swelling therein, giveth much ease, also to the Gout that cometh of hot and sharp Humors. The Juyce dropped into the Ears, easeth pains thereof that arise of Heat or Inflammations. And Pliny saith, It is good for hot Swellings under the Throat. Have a care you mistake not the Deadly Night-shade for this; if you know it not, you may let them both alone and take no harm, having other Medicines sufficient in the Book.

## The Oak.

**I**T is so well known ( the Timber thereof being the Glory and Safety of this Nation by Sea ) that it needeth no Description.

*Government and Vertues.* ] *Jupiter* owns the Tree. The Leaves and Bark

*Dry, Bind, Spitting Blood, Flux, Vomiting, Venereous Aits, Dysury, Poyson, Venomous Beasts, Cantharides, Ulcers of the Bladder.*

of the Oak, and the Acorn Cups, do bind and dry very much : The inner Bark of the Tree and the thin Skin that covereth the Acorn, are most used to stay the Spitting of Blood, and the Bloody-flux : The Decoction of that Bark, and the Powder of the Cups to stay Vomiting, Spitting of Blood, Bleeding at the Mouth, or other Flux of Blood in Men or Women, Lasks also, and

the involuntary Flux of natural Seed. The Acorn in Powder taken in Wine, provoketh Urine, and resisteth the Poyson of Venomous Creatures. The Decoction of Acorns and the Bark made in Milk and taken, resisteth the force of Poysonous Herbs and Medicines, as also the virulency of Cantharides, when one by eating them, hath his Bladder exulcerated and pisseth Blood. *Hippocrates* saith, He used the Fumes of Oak-leaves to Women that were troubled with the Strangling of the Mother ; and *Galen* applieth them, being bruised, to Cure green Wounds. The distilled Water of the Oaken-buds before they break out into Leaves, is good to be used either

*Mother, Wounds, Inflammations, Flux, Pestilences, Epidemical Diseases, Liver, Stone, Terms stops, Scabs.*

inwardly or outwardly to assuage Inflammations, and stop all manner of Fluxes in Man or Woman : The same is singular good in Pestilential and hot burning Feavers, for it resisteth the force of the Infection, and allayeth the heat : it cooleth the heat of the Liver, breaketh the Stone

in the Kidneys, and stayeth VVomens Courses. The Decoction of the Leaves worketh the same effects. The Water that is found in the hollow places of old Oaks, is very effectual against any foul or spreading Scabs. The distilled Water (or Decoction which is better) of the Leaves is one of the best Remedies that I know for the VVhites in VVomen.

## Oats.

**T**Hese are also so well known, that they need no Description.

*Government and Vertues.* ] Oats fryed with Bay-salt, and applied to

*Stitch, Wind, Itch, Leprosie, Fistulaes, Aposthumes, Freckles.*

the Sides, take away the Pains of Stitches and Wind in the Sides or Belly. A Pultis made of Meal of Oats, and some Oyl of Bays put thereto, helpeth the Itch, and the Leprosie, as also the Fistulaes of the Fundament, and dissolveth hard Im-

posthumes. The Meal of Oats boiled with Vinegar and applied, taketh away Freckles and Spots in the Face, or other parts of the Body.



One-Blade.

**Descript.]** *This small Plant never beareth more than one Leaf, but only when it riseth up with his Stalk, which thereon beareth another, and sel-*  
*dom more, which are of a blewish green colour, pointed, with many Ribs or Veins*  
*therein like Plantane. At the top of the Stalk grow many small white Flowers, Star-*  
*shion, smelling somewhat sweet; after which come small reddish Berries, when*  
*they are ripe. The Root is small, of the bigness of a Rush, lying and creeping under*  
*the upper crust of the Earth, shooting forth in divers places.*

**Place.]** It groweth in moist, shadowy, and grafie places of Woods, in  
 many places of this Land.

**Time.]** It flowreth about May. and the Berries be ripe in June, and then  
 quickly perisheth, untill the next year, it springeth from the same Root  
 or other again.

**Government and Vertues.]** It is a precious Herb of the Sun. Half a dram,  
 or a dram at most in Powder of the Roots hereof taken in Wine and Vine-  
 gar, of each equal parts, and the party laid presently to sweat thereupon,  
 is held to be a Sovereign Remedy for those that

are Infected with the Plague, and have a Sore *Pestilence, Poyson, Epide-*  
 upon them, by expelling the Poyson and Infeeti- *mical Diseases, Wounds,*  
 on, and defending the Heart and Spirits from *Sinews cut.*

danger. It is a singular good VVound-Herb,  
 and is thereupon used with other the like effects in making Compound  
 Balms for Curing of Wounds be they fresh and green, or old and malig-  
 nant, and especially if the Sinews be burnt.

Orchis.

**[**It hath gotten almost as many several Names attributed to the several  
 sorts of it, as would almost fill a Sheet of Paper; as *Dog-stones, Goat-*  
*stones, Fools-stones, Fox-stones, Satirian, Cullians,* together with many others  
 too tedious to rehearse.

**Descript.]** To describe all the several sorts of it were an endless piece of  
 work; therefore I shall only describe the Roots, because they are to be  
 used with some discretion. They have each of them a double Root with-  
 in, some of them are round; in others like a hand; these Roots alter eve-  
 ry year by course, when the one riseth and waxeth full, the other waxeth  
 lank and perisheth: Now it is that which is full, which is to be used in  
 Medicines, the other being either of no use at all, or else according to the  
 humour of some, it destroys and disannuls the Vertue of the other, quite  
 undoing what that doth.

**Time.]** One or other of them may be found in Flower, from the be-  
 ginning of April, to the latter end of August.

**Temperature and Vertues.]** They are hot and moist in Operation, under  
 the Dominion of Dame Venus, and provoke Lust  
 exceedingly, which, they say, the dry or withered *Lust provoketh, Worms,*  
 Root restrains again; they are held to kill the *Kings-Evil.*

Worms in Children; as also being bruised and applied to the Place, to help  
 the Kings-Evil. Onions.

## Onions.

**T**hey are so well known, that I need not spend time about Writing Description of them.

*Government and Vertues.*] Mars owns them, and they have gotten the quality to draw any Corruption to them; for if you Pill one, and lay him upon a Dunghill, you shall find him rotten in half a day, by drawing Putrefaction to it; then being bruised and applied to a Plague-sore, is very probable 'twill do the like.

*Onions* are flatulent or windy, yet they do somewhat provoke Appetite, encrease Thirst, ease the Belly and Bowels, provoke Womens Courses, help

*Mad Dogs, Worms, Cough, Lethargy, Epidemical Diseases.*

the Biting of a Mad Dog, and of other Venomous Creatures, to be used with Honey and Rew, and encrease Sperm, especially the Seed of them. They also kill the Worms in Children if they drink the Water fasting wherein they have been

steeped all night. Being roasted under the Embers, and eaten with Honey or Sugar and Oyl, they much conduce to help an inveterate Cough, and expectorate the tough Flegm. The Juyce being snuffed up into the Nostrils, purgeth the Head, and helpeth the Lethargy (yet the often eating them is said to procure Pains in the Head.) It hath been held by divers Countrey People a good preservative against Infection to eat *Onions* fasting with Bread and Salt; as also to make a great *Onion* hollow, filling the place with good Treacle, and after to roast it well under the Embers, which after taking away of the outermost Skin thereof, being beaten together, is a Sovereign Salve for either Plague-sore, or any other putrid Ulcer. The Juyce of *Onions* is good for either Scalding or Burning by Fire, Water, or Gun-powder, and used with Vinegar, taketh away all Blemishes, Spots and Marks in the Skin, and dropped into the Ears, easeth the Pains and Noise of them. Applied also with Figs beaten together, helpeth to ripen and break Imposthumes and other Sores.

*Leeks* are as like them in quality, as the Pome-water is like an Apple: they are a Remedy against a Surfeit of Mushrooms, being baked under the Embers and taken; and being boiled and applied very warm, help the Piles. In other things they have the same property as the *Onions*, although not so effectual.

## Orpine.

**Descript.** **C**ommon Orpine riseth up with divers round brittle Stalks, thick set with fat and fleshy Leaves, without any order, and little or nothing dented about the edges, of a green colour; the Flowers are white, or whitish growing in tufts, after which come small chaffy Husks, with Seed like Dust in them. The Roots are divers, thick, round, white tuberous Clogs; and the Plant groweth not so big in some places as in others where it is found.

*Place.*] It is frequent almost in every Country of this Land, and is cherished in Gardens with us, where it groweth greater than that which is wild, and groweth in shadowy sides of Fields and Woods.

Time.]

Time.] It flowreth about *July*, and the Seed is ripe in *August*.

*Government and Vertues.*] The *Moon* owns the Herb, and he that knows but her Exaltation, knows what I say is true.

*Orpine* is seldom used in inward Medicines with us, although *Tragus* faith from experience in *Germany*, that the distilled Water therefore is profitable for Gnawings or Excoriations in the Stomach or Bowels; and for Ulcers in the Lungs; Liver, or other inward parts, as also in the Matrix, and helpeth all those Diseases being drunk for certain days together. And that it stayeth the sharpness of Humors in the Bloody-Flux, and other Fluxes in the Body, or in Wounds. The Root thereof also performeth the like effect. It is used outwardly to cool any Heat or Inflammation upon any Hurt or Wound, and easeth the pains of them: as also to heal Scaldings or Burnings; the Juyce thereof beaten with some green Sallet-Oyl, and anointed. The Leaf bruised, and laid to any green Wound in the Hands or Legs, doth heal them quickly; and being bound to the Throat, much helpeth the Quinzie: It helpeth also Ruptures and Burstness. If you please to make the Juyce thereof into a Syrup with Honey or Sugar, you may safely take a spoonfull or two at a time (let my Author say what he will) for a Quinzie, and you shall find the Medicine more pleasant, and the Cure more speedy than if you had taken a Dog's Turd, which is the Vulgar Cure.

*Excoriations of Bowels, Priskick, Womb, Bloody-Flux, Wounds, Inflammation, Scaldings, Burnings, Quinzie, Ruptures.*

### Parfly.

This is so well known, that it needeth no Description.

*Government and Vertues.*] It is under the Dominion of *Mercury*, and is very comfortable to the Stomach, and helpeth to provoke Urine and Womens Courses. and to break Wind both in the Stomach and Bowels, and doth a little open the Body, but the Root much more, and openeth Obstructions both of Liver and Spleen, and is therefore accounted one of the five opening Roots. *Galen* commendeth it against the Falling-sickness, and to provoke Urine mightily, especially if the Roots be boyled and eaten like Parsnips. The Seed is effectual to provoke Urine and Womens Courses, to expel Wind, to break the Stone, and ease the pains and torments thereof, or of any other part in the Body occasioned by wind. It is also effectual against the Venom of any poysonfull Creature, and the danger that cometh to them that have taken Litharge; and is good against the Cough. The distilled Water of Parfly is a familiar Medicine with Nurses to give their Children when they are troubled with Wind in the Stomach or Belly, which they call the Frets; and is also much available to them that are of greater years. The Leaves of Parfly laid to the Eyes that are inflamed with Heat, or swoln, doth much help them, if it be used with Bread or Meal,

*Stomach, Dysury, Terms provokes, Liver, Spleen, Falling-sickness, Stone, Wind, Venomous Beasts, Cough, Sucking Children, Eyes, Womens Breasts, Curdled Milk, Black and Blue Marks, Faundice, Falling-sickness, Dropsie.*

and being fried with Butter, and applied to VVomens Breasts that are hard through the curdling of their Milk, it abateth the hardness quickly, and also it taketh away Black and Blue Marks coming of Bruises or Falls. The Juyce thereof dropped into the Ears with a little VVine, easeth the Paine. *Tragus* setteth down an Excellent Medicine to help the Jaundice and Falling sickness, the Dropsie, and Stone in the Kidnies in this manner: Take of the Seeds of *Parfly*, *Fennel*, *Annise* and *Caraways*, of each an ounce; of the Root of *Parfly*, *Burnet*, *Saxifrage* and *Caraways*, of each an ounce and an half; let the Seeds be bruised, and the Roots washed and cut small. Let them lye a night in steep in a pottle of VVhite-wine, and in the morning be boyled in a close Earthen Vessel untill a third part or more be wasted, which being strained and cleared, take four ounces thereof morning and evening first and last abstaining from Drink after it for three hours. This openeth Obstructions of the Liver and Spleen, and expelleth the Dropsie and Jaundice by Urine.

*Obstructions of Liver and Spleen.*

### Parfly-Piert, or Parfly Break-stone.

**Descript.]** **T**HE Root, although it be very small and threddy, yet it continues many years, from whence arise many Leaves lying along on the Ground, each standing upon a long small Foot-stalk, the Leaves as broad as a Man's Nail, very deeply indented on the edges, somewhat like a Parfly-Leaf, but of a very dusky green colour. The Stalks are very weak and slender, about three or four fingers in length, set so full of Leaves that they can hardly be seen, either having no Foot-stalk at all, or but very short; the Flowers are so small they can hardly be seen; and the Seed as small as may be.

**Place.]** It is a common Herb throughout the Nation, and rejoyleth in barren, sandy, moist places. It may be found plentifully about *Hampstead* Heath, in *Hide-Park*, and in *Turtle-Fields*.

**Time.]** It may be found all the Summer-time, even from the beginning of April to the end of *October*.

**Government and Vertues.]** Its Operation is very prevalent to provoke Urin, and to break the Stone. It is a very good Sallet-Herb. It were good the Gentry would pickle it up as they pickle up *Samphire* for their use all the Winter. I cannot teach them how to do it: yet this I cannot tell them, it is a very wholesome Herb. They may also keep the Herb dry, or in a Syrup if they please. You may take a dram of the Powder of it in White-wine, it would bring away Gravel from the Kidnies insensibly and without pain. It also helps the Strangury.

### Parship.

**T**HE Garden kind thereof is so well known, (the Root being commonly eaten) that I shall not trouble you with any Description of it. But the wild kind being of more Physical use, I shall in this place describe it unto you.

**Descript.]**



**Descript.]** *The wild Parsnip differeth little from the Garden, but groweth not so fair and large, nor hath so many Leaves; and the Root is shorter, more woody; and not so fit to be eaten, and therefore more medicinable.*

**Place.]** The name of the first sheweth the place of its growth.

The other groweth wild in divers places, as in the Marshes by *Rocheſter*, and elsewhere, and flowreth in *July*: The Seed being ripe about the beginning of *August*, the second year after the sowing: for if they do flower the first year, the Country People call them Madneps.

**Government and Vertues.]** The Garden Parsnips are under *Venus*. The Garden Parsnip nourisheth much, and is good and wholesome nourishment, but a little windy; whereby it is thought to procure

bodily Lust; but it fatneth the Body much, if much used. It is conducible to the Stomach and Reins, and provoketh Urine. But the wild Parsnip hath a cutting, attenuating, cleansing and

opening quality therein; it resisteth and helpeth the Bitings of Serpents, easeth the Pains and Stitches in the Sides, and dissolveth Wind both in the Stomach and Bowels, which is the Colick, and provoketh Urine. The Root is often used, but the Seed much more.

The wild being better than the tame, shews Dame Nature to be the best Physician.

### Cow-Parsnip.

**Descript.]** **T***His groweth with three or four large, spread, winged rough Leaves, lying often on the Ground, or else raised a little from it, with long, round, hairy Foot-stalks under them, parted usually into five divisions, the two couples standing each against other, and one at the end, and each Leaf being almost round, yet somewhat deeply cut in on the edges, in some Leaves, and not so deep in others, of a whitish green colour, smelling somewhat strongly; among which ariseth up a round, crusted, hairy Stalk, two or three foot high, with a few Foynts and Leaves thereon, and branched at the top, where stand large umbles of white, and sometimes reddish Flowers, and after them flat, whitish, thin, winged Seed, two always joyned together. The Root is long and white, with two or three long strings growing down into the Ground, smelling likewise strongly, and unpleasant.*

**Place.]** It groweth in moist Meadows, and the borders and corners of Fields, and near Ditches generally through this Land.

**Time.]** It flowreth in *July*, and seedeth in *August*.

**Government and Vertues.]** *Mercury* hath the Dominion over them. The Seed thereof, as *Galen* saith, is of a sharp and cutting quality, and is therefore a fit Medicine for the Cough and shortness

of Breath, the Falling-sickness, and the Jaundice. The Root is available to all the purposes aforesaid, and is also of great use to take away the hard Skin that groweth on a Fistula, if it be but scraped upon it. The Seed hereof being drunk, cleanseth the Belly from tough flegmatick Matter therein; easeth them that are Liver-grown,

*Cough, Difficulty of Breath, Falling-sickness, Jaundice, Fistula, Flegm, Liver, Melancholy, Lethargy, Frenzie, Head-ach, Scabs, Shingles.*

Womens passions of the Mother,

Mother as well being drunk as the Smoke thereof received underneath and likewise raiseth such as are fallen into a deep sleep, or have the Lethargy, by burning it under their Nose. The Seed and Root boyled in Oil and the Head rubbed therewith, helpeth not only those that are fallen into a Frenzie, but also the Lethargy or Drowfie Evil, and those that have been long troubled with the Head-ach if it be likewise used with Rue. helpeth also the running Scab and the Shingles. The Juyce of the Flowers dropped into the Ears that run and are full of Matter, cleanseth and healeth them.

### The Peach-Tree.

**Descript.]** A Peach-Tree groweth not so great as the Apricock-Tree, yet spreadeth Branches reasonable well, from whence spring small reddish Twigs, whereon are set long and narrow green Leaves dented about the edges, The Blossoms are greater than the Plum and of a light purple colour. The Fruit round, and sometimes as big as a reasonable Pippin, others smaller, as also differing in colours, and tastes, as russet, red or yellow, waterish or firm with a Freckle or Cotten all over, with a cleft therein, like an Apricock, and a rugged furrowed great stone within it, and a bitter Kernel within the Stone. It sooner waxeth old, and decayeth than the Apricock by much.

**Place.]** They are nursed up in Gardens and Orchards through this Land.

**Time.]** They flower in the Spring, and fructifie in Autumn.

**Government and Vertues.]** Lady Venus owns this Tree, and by it opposeth the ill effects of Mars, and indeed for Children and young People, nothing is better to purge Choler and the Jaundice, than the Leaves and Flowers of this Tree being made into a Syrup or Conserve, let such as delight to please their Lust regard the Fruit: but such as have lost their Health and their Childrens, let them regard what I say, they may safely give two Spoonfuls of the Syrup at a time, 'tis as gentle as Venus her self. The Leaves of Peaches bruised and laid on the belly kill Worms: and

*Worms, Belly opens, Humours, Wounds.*

so they do also being boiled in Ale and drunk, and open the Belly likewise; and being dried is a safe Medicine to discuss Humors. The Powder of them strewed upon fresh bleeding Wounds, stayeth their Bleeding and closeth them up. The Flowers steeped all night in a little Wine standing warm, strained forth in the morning and drunk fasting, doth gently open the Belly, and move it downward. A Syrup made of them as the Syrup of Roses is made, worketh more forcibly than that of Roses, for it provoketh Vomiting, and spendeth waterish and Hydropick Humors by the continuance thereof. The Flowers made into a Conserve worketh the same effect. The Liquor that droppeth from the Tree being Wounded, is given in the Decoction of Coltsfoot, to those that are troubled with the Cough

*Dropsie, Cough, shortness of Breath, Vomiting and Spitting of Blood, Stone, Wind, Colick.*

or shortness of Breath, by adding thereunto some sweet Wine, and putting some Saffron also therein, it is good for those that are hoarse or have lost their Voice: helpeth all defects of the Lungs, and those that vomit or spit Blood.

Two drams thereof given in the Juyce of Lemmons or of Raddish, is good for them that are troubled with the Stone. The Kernels of the Stones do wonderfully ease the pains and wringing of the Belly through wind or sharp Humors, and help to make an excellent Medicine for the Stone upon all occasions, on this manner: *Take fifty Kernels of Peach-stones, and one hundred of the Kernels of Cherry-stones, a handful of Elder-flowers fresh or dried, and three pints of Muscadel; set them in a close Pot into a bed of Horse-dung for ten dayes, which after distil in a Glass with a gentle Fire, and keep it for your use: you may drink upon occasion three or four ounces at a time. The Milk or Cream of these Kernels being drawn forth with some Vervain-water and applied to the Fore-head and Temples doth much help to procure rest and sleep to sick persons wanting it. The Oyl drawn from the kernels, the Temples being therewith anointed, doth the Baldness Ears, Watching.* like. The said Oyl put into Clysters, easeth the pains of the Wind-Colick; and anointed on the lower part of the Belly, doth the like; and dropped into the Ears, easeth the pains in them: the Juyce of the Leaves doth the like. Being also anointed on the Fore-head and Temples, it helpeth the Megrim and all other pains in the Head. If the Kernels be bruised and boiled in Vinegar until they become thick, and applied to the Head, it marvellously procures the Hair to grow again upon bald places, or where it is too thin.

### The Pear-Tree.

Pear-Trees are so well known, that they need no Description. *Government and Vertues.*] The Tree belongs to *Venus*, and so doth the Apple-Tree. For their Physical use they are best discerned by their taste. All the sweet or luscious sorts, whether manured or wild, do help to move the Belly downwards more or less, Those that are hard and sowre, do on the contrary bind the Belly as much, and the Leaves do so also. Those that are moist do in some sort cool, but harsh or wild sorts much more, and are very good in repelling Medicines: as if the wild sort be boyled with Mushrooms, it maketh them the less dangerous. The said Pears boyled with a little Honey, help much the oppressed Stomach as all sorts of them do, some more, some less: but the harsher sorts do more cool and bind, serving well to be bound to green Wounds to cool and stay the blood, and heal up the Wound without further trouble or Inflammation, as *Galen* saith he hath found by experience. The wild Pears do sooner close up the lips of green Wounds than the others.

*Mushrooms, Stomach, Inflammations, Cool, Bind, Wounds.*

*Scholi Salerni* adviseth to drink much Wine after Pears, or else (say they) they are as bad as Poyson, nay, and they curse the Tree for it too; but if a poor man find his Stomach oppressed by eating Pears, 'tis but working hard and it will do as well as drinking Wine.

## Pellitory of Spain.

**C**ommon Pellitory of Spain, if it be planted in our Gardens, it will prosper very well. yet is there one sort growing ordinary here which I esteem to be little inferior to the other, if at all. I shall not describe you the Description of them both.

**Descript.]** Common Pellitory is a very common Plant, and will not be kept in our Gardens without diligent looking to. The Root goes down-right into the Ground, bearing Leaves, being long and finely cut upon the Stalk, lying upon the Ground, much larger than the Leaves of Camomel are. At the top it bears a single large Flower at a place, having a border of many Leaves white on the upper side, and reddish underneath, with a yellow Thrum in the middle, not standing close as that of Camomil doth.

The other common Pellitory which groweth here, it hath Root of a sharp bitter taste, scarce discernable by the taste from that before described, from whence arise divers brittle Stalks, a yard high and more, with narrow long Leaves finely dented about the edges, standing one above another up to the top. The Flowers are many and white, standing in Tufts like those of Yarrow, with a small yellowish Thrum in the middle. The Seed is very small.

**Place.]** The last groweth in Fields by the Hedge-sides and Paths, almost every where.

**Time.]** It flowreth at the latter end of June and July.

**Government and Vertues.]** It is under the Government of Mercury, and

Brain purgeth, Agues, flegmatick Humours, Head, Teeth, Distillations of the Brain on the Lungs and Eyes, Coughs, Ptsick, Consumptions, Apoplexy, Falling-sickness, Lethargy, Sneezing, Head-ach, Black and Blew Spots, Gout, Sciatica.

am perswaded that 'tis one of the best purgers of the Brain that grows. An ounce of the Juice taken in a draught of Muskadel an hour before the Fit of the Ague comes, will assuredly drive away the Ague at the second or third time taking at the furthest. Either the Herb or Root dried and chewed in the Mouth, purgeth the Brain of flegmatick Humours, thereby not only easing Pains in the Head and Teeth, but also hindreth the distilling of the Brain upon the Lungs and Eyes, thereby preventing Coughs, Ptsicks and Consumption, the Apoplexy and Falling-sickness.

It is an excellent approved Remedy in the Lethargy. The Powder of the Herb or Root being snuffed up the Nostrils, procureth Sneezing, and easeth the Head-ach, being made into an Oyntment with Hogs-grease, it takes away Black and Blew Spots occasioned by Blows or Falls, and helps both the Gout and Sciatica.

## Pellitory of the Wall.

**Descript.]** It riseth with many brownish, red, tender, weak, clear, and almost transparent Stalks, about two foot high, upon which grow at the several Foynts two Leaves somewhat broad and long of a dark green colour, which afterwards turn brownish, smooth on the edges, but rough and hairy as the Stalks are also. At the Foynts with the Leaves from the middle of the Stalks upwards, where it spreadeth into some Branches, stand many small, pale, purplish Flowers in



hairy rough Heads or Husks, after which come small, black and rough Seed, which will stick to any Cloth or Garment that shall touch it. The Root is somewhat long, with many small Fibers thereat, of a dark reddish colour, which abideth the Winter, although the Stalks and Leaves perish and spring fresh every year.

*Place.*] It groweth wild generally through the Land, about the borders of Fields, and by the sides of Walls, and among Rubbish. It will endure well being brought up into Gardens, and planted on the shady side, where it will spring of its own sowing.

*Time.*] It flowereth in June and July, and the Seed is ripe soon after.

*Government and Vertues.*] It is under the Dominion of Mercury. The dried Herb-pellitory made up into an Electuary with Honey, or the Juyce

of the Herb, or the Decoction thereof made up with Sugar or Honey, is a singular Remedy for any old or dry Cough, the shortness of Breath, and wheezing in the Throat. Three ounces of the Juyce thereof taken at a time, doth wonderfully help stopping of the Urine, and to expel the Stone or Gravel in the Kidnies or Bladder, and is therefore usually put among other Herbs, used in Clysters, to mitigate Pains in the Back, Sides, or Bowels, proceeding of Wind, stopping of Urin, the Gravel or Stone as aforesaid. If the bruised Herb, sprinkled with some Muskadel, be warmed upon a Tile, or in a dish upon a few quick Coals in a Chafing-dish, and applied to the Belly, it worketh the same effect. The Decoction of the Herb, being drunk, easeth pains of the Mother, and bringeth down Womens Courses, it also easeth those Griets that arise from Obstructions of the Liver, Spleen and Reins: The same Decoction with a little Honey added thereto, is good to gargle a sore Throat. The Juyce held a while in the Mouth, easeth pains in the Teeth. The distilled Water of the Herb drunk with some Sugar, worketh the same effects, and cleanseth the Skin from Spots, Freckles, Purples, Wheals, Sun-burn, Morpew, &c. The Juyce dropped into the Ears, easeth the Noise in them, and taketh away the pricking and shooting Pains therein: The same, or the distilled Water, asswageth hot and swelling Imposthumes, Burnings and Scaldings by Fire or Water, as also all other hot Tumors and Inflammations, or breakings out of Heat, being bathed often with wet Cloths dipped therein. The said Juyce made into a Liniment with Ceruss, and Oyl of Roses, and anointed therewith, cleanseth foul rotten Ulcers, and stayeth spreading or creeping Ulcers, and running Scabs or Sores in Childrens Heads; and helpeth to stay falling of the Hair from off the Head. The said Oyntment, or the Herb applied to the Fundament, openeth the Piles, and easeth their Pains; and being mixed with Goats Tallow, helpeth the Gout: The Juyce is very effectual to cleanse Fistulaes, and to heal them up safely; or the Herb it self bruised and applied with a little Salt. It is likewise so effectual to heal any

Old or dry Cough, shortness of Breath, Stone and Gravel, Mother, Womens Courses, Obstructions, sore Throat, Teeth, Freckles, Wheals, Sun-burn, Morpew, Pain in the Ears, Imposthumes, Burnings and Scaldings, Inflammations, Ulcers, Scabs, falling off of the Hair, Piles, Gout, Fistulaes, green Wounds, bruised Tendon or Muscle.

Green Wound, that if it be bruised and bound thereto for three days, you shall need no other Medicine to heal it further. A Pultis made hereof with Mallows, and boiled in Wine with Wheat-Bran and Bean-Flowre, and some Oyl put thereto, and applied warm to any bruised Sinew, Tendon or Muscle, doth in a very short time restore them to their strength, taking away the Pains of the Bruises, and dissolveth the congealed blood coming of Blows or Falls from high places.

The Juyce of Pellitory of the Wall clarified and boiled into a Syrup with Honey, and a Spoonful of it drunk every morning by such as are subject to the Dropsie; if continuing that course, though but once a Week, if ever they have the Dropsie, let them come but to me, and I will Cure them gratis.

### Peny-royal.

**P**eny-royal is so well known unto all, (I mean the common kind) that it needeth no Description.

There is a greater kind than the ordinary sort found wild with us, which so abideth being brought into Gardens, and differeth not from it, but only in the largeness of the Leaves and Stalks, in rising higher, and not creeping upon the Ground so much. The Flowers whereof are purple, growing in Rundles about the Stalks like the other.

**Place.]** The first, which is common in Gardens groweth also in many moist and watry places of this Land.

The second is found wild in *Essex* in divers places by the High-way from London to Colchester, and thereabouts more abundantly than in other Countie, and is also planted in their Gardens in *Essex*.

**Time.]** They flower in the latter end of Summer, about *August*.

**Government and Vertues.]** The Herb is under *Venus*. *Dioscorides* saith

Tough Flegm, Terms provokes, Dead Child and Afterbirth, Vomiting, Melancholy, Venomous Beasts, Fainting and Swooning, Gums, Gout, Marks in the Face, Tooth-ick, Pains in the Joynts, Head-ach, Pains of the Belly and Breast, Falling-sickness, Stinking Water, Cramps and Convulsions, Sore Mouth, Jaundice, Dropsie, Pains of the Head and Eye-sight.

That Peny-royal maketh thin tough Flegm, warmeth the coldness of any part whereto it is applied, and digesteth raw or corrupt Matter: Being boyled and drunk it provoketh Womans Courses, and expelleth the Dead Child and Afterbirth, and stayeth the disposition to Vomit, being taken in Water and Vinegar mingled together. And being mingled with Honey and Salt it avoideth Flegm out of the Lungs and purge Melancholy by the stool. Drunk with Vinegar it helpeth such as are bitten or stung with Venomous Beasts, and applied to the Nostrils with Vinegar, reviveth those that are Fainting and Swooning. Being dried and burnt, it strengtheneth the Gums. It is helpful to those that are troubled with the Gout, being applied of it self to the place until it wax red; and applied in a Plaister, it taketh away Spots or Marks in the Face: applied with Salt it profiteth those that are Splenetick or Livergrown. The Decoction doth help the Itch if washed therewith: Being put into Baths for Women to sit therein, it helpeth the swelling & hardness of the Mother. The green Herb

brui-

ruised and put into Vinegar, cleanseth foul Ulcers, and taketh away the Marks  
of Bruises and Blows about the Eyes, and all Discolourings of the Face by  
Fire, yea, and the Leprosie, being drunk and outwardly applied: Boiled  
in Wine with Honey and Salt, it helpeth the Tooth-ach. It helpeth the cold  
Griefs of the Joynts, taking away the pains, and warmeth the cold part, be-  
ing fast bound to the place after a Bathing, or Sweating in an Hot-house.  
Pliny addeth, That Peny-royal and Mints together help Fainting or Swoon-  
ings, being put into Vinegar, and put into the Nostrils to be smelled unto,  
or a little thereof put into the Mouth. It easeth the Head-aches and the  
pains of the Breast and Belly, stayeth the gnawing of the Stomach, and in-  
ward pains of the Bowels: being drank in Wine, it provoketh Womens  
Courles, and expelleth the dead Child and After-birth: Being given in  
Wine, it helpeth the Falling-sickness: Put into unwholsome or stinking  
Water that Men must drink (as at Sea, or where other cannot be had) it  
makes them the less hurtfull: It helpeth Cramps or Convulsions of the Si-  
news, being applied with Honey, Salt and Vinegar. It is very effectual for  
the Cough, being boyled in Milk and drunk, and for Ulcers and Sores  
in the Mouth. *Marthiolus* saith, The Decoction thereof being drunk, help-  
eth the Jaundice and Dropsie, and all pains of the Head and Sinews that  
come of a cold cause, and that it helpeth to clear and quicken the Eye-sight.  
Applied to the Nostrils of those that have the  
Falling-sickness or the Lethargy, or put into the *Lethargy, Burnings.*  
Mouth, it helpeth them much, being bruised and  
with Vinegar applied. And applied with Barly-Meal, it helpeth Burnings by  
Fire, and put into the Ears, easeth the Pains of them.

Peony Masc. and Foemina.

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Descript.] **M**ale Peony riseth up with many brownish Stalks, whereon grow  
many fair green, and sometimes reddish Leaves, one set against  
another, upon a Stalk without any particular division in the Leaf at all. The  
Flowers stand at the top of the Stalks, consisting of five or six broad Leaves of a  
fair purplish red colour, with many yellow threds in the middle standing about the  
Head, which after riseth up to be the Seed-Vessels, divided into two, three or four  
rough crooked Pods like Horns, which being full ripe, open and turn themselves  
down one edge to another backward, shewing within them divers round, black,  
shining Seeds, having also many red or crimson grains, intermixed with the black,  
whereby it maketh a very pretty shew. The Roots are great, thick and long spread-  
ing, and running down reasonab'e deep in the Ground.

The ordinary Female Peony hath many Stalks, and more Leaves on them than  
the Male; the Leaves not so large, but nicked diversly on the edges, some with  
great and deep, others with smaller cuts and divisions, of a dark or dead green  
colour. The Flowers are of a strong heady scent, most usually smaller, and of a  
more purple colour than the Male, with yellow Thrums about the Head as the Male  
hath. The Seed-Vessels are like Horns as in the Male, but smaller; the Seed also is  
black, but less shining. The Roots consist of many thick and short tuberosus Clogs, fast-  
ned at the ends of long Strings, and all from the Heads of the Root, which is thick  
and short, and of the like scent with the Male.

Place.]

*Place and Time.*] They grow in Gardens; and flower usually about May. *Government and Vertues.*] It is an Herb of the Sun, and under the Lib. Physicians say *Male Peony* Roots are best, but Dr. Reason told me *Male Peony* was best for Men. and *Female Peony* for Women, and he desires to be judg'd by his Brother Dr. Experience. The Roots are held to be of more Vertue than the Seed; next the Flowers, and last of all the Leaves. The Root of

*Falling-sickness.* the *Male Peony*, fresh gathered, having been found by Experience to Cure the *Falling-sickness*, but the surest way is (besides hanging it about

the Neck, by which, Children have been cured) to take the Root of the *Male Peony* washed clean, and stamped somewhat small, and laid to infuse in Sack for 24 hours at the least; after strain it, and take it first and last, morning and evening a good draught for sundry days together before and after a full Moon: and this will also cure older persons, if the Disease be not grown too old and past cure, especially if there be a due and orderly preparation of the Body with Posset-drink made of Betony, &c. The Root

*Women not cleansed in Child-birth, Mother, Epithemes or the Night-mare, Melancholick Dreams.* is also effectual for Women that are not sufficiently cleansed after Child-birth, and such as are troubled with the Mother; for which likewise the black Seed beaten to Powder, and given in Wine, is also available. The black Seed also taken before bed-time, and in the morning, is very

effectual for such as in their Sleep are troubled with the Disease called *Epithemes* or *Incubus*, but we do commonly call it the *Night-Mare*, a Disease which melancholy persons are subject unto: It is also good against *Melancholick Dreams*. The distilled Water, or Syrup made of the Flowers, worketh the same effects that the Root and the Seed do. although more weakly. The Female is often used for the purposes aforesaid, by reason the Male is so scarce a Plant that it is possessed by few, and those great Lovers of Rarities in this kind.

### Pepper-wort, or Dittander.

74 *Descript.*] **O**V *R* common *Pepper-wort* sendeth forth somewhat long and broad Leaves, of a light bluish green colour, finely dented about the edges, and pointed at the ends, standing up on round hard Stalks, three or four foot high, spreading many Branches on all sides, and having many small white Flowers at the tops of them, after which follow small Seed in small Heads. The Root is slender, running much under Ground, and shooting up again in many places: and both Leaves and Roots are very hot and sharp of taste like Pepper, for which cause it took the Name.

*Place.*] It groweth naturally in many places of this Land, as at *Clare* in *Essex*; also near unto *Exeter* in *Devonshire*; upon *Rocheſter-Common* in *Kent*; in *Lancashire*, and divers other places: but is usually kept in Gardens.

*Time.*] It flowreth in the end of *June*, and in *July*.

*Government and Vertues.*] Here's another Martial Herb for you, make much of it. *Pliny* and *Paulus Aegineta* say, That *Pepper-wort* is very effectual



festual for the Sciatica, or any other Gout or pain in the Joynts, or any other inveterate Grief: The Leaves hereof to be bruised, and mixed with old Hogs-grease, and applied to the place, and to continue thereon four hours in Men, and two hours in Women, the place being afterwards bathed with Wine and Oyl mixed together, and then wrapped with Wool or Skins after they have Sweated a little. It also amendeth the Deformities or Discolourings of the Skin, and helpeth to take away Marks, Scars and Scabs, or the foul Marks of Burning with Fire or Iron. The Juyce hereof is in some places used to be given in Ale to drink to Women with Child, to procure them a speedy Delivery in Travel.

*Sciatica, Gout, Joynts pained, Discolourings of the Skin, Marks and Scars by Burning, speedy Delivery.*

Perwinkle.

Descript.] **T**HE common sort bereof hath many Branches trailing or running upon the Ground, shooting out small Fibres at the Joynts as it runneth, taking thereby hold in the Ground, and rooteth in divers places. At the Joynts of these Branches stand two small, dark green, shining Leaves, somewhat like Bay-Leaves, but smaller, and with them come forth also the Flowers (one at a Joynt, standing upon a tender Foot-stalk) being somewhat long and hollow, parted as the brims sometimes into four, sometimes into five Leaves: the most ordinary sort are of a pale blew colour, some are pure white, and some of a dark reddish purple colour. The Root is little bigger than a Rush, bushing in the Ground, and creeping with his Branches far about, whereby it quickly possesseth a great compass, and is therefore most usually planed under Hedges, where it may have room to run. 75

Place.] Those with the pale blew, and those with the white Flowers grow in Woods, and Orchards, by the Hedge-sides, in divers places of this Land, but those with the Purple Flowers in Gardens only.

Time.] They flower in March and April.

Temperature and Vertues.] Venus owns this Herb, Stanch Bleeding, Womens and saith, That the Leaves eaten by Man and Courses, Flux of the Belly, Wife together, cause Love between them. The Perwinkle is a great binder, stayeth Bleeding both at Mouth and Nose, if some of the Leaves be chewed: The French use it to stay Womens Courses. Dioscorides, Galen, and Aegineta, commend it against the Lask, and Fluxes of the Belly, to be drunk in Wine.

St. Peter's Wort.

**I**F Superstition had not been the Father of Tradition, as well as Ignorance the Mother of Devotion, this Herb (as well as St. John's Wort) had found some other Name to be known by: but we may say of our Fore-fathers, as St. Paul of the Athenians, I perceive that in many things you are too superstitious. Yet seeing it is come to pass, That Custome having got in possession, pleads Prescription for the Name; I shall let it pass, and come to the Description of the Herb, which take as followeth:

Descript.]

**Descript.]** It riseth up with square upright Stalks for the most part, somewhat greater and higher than St. John's Wort (and good reason too, St. Peter being the greater Apostle (ask the Pope else) for though God would have the Saints equal, the Pope is of another opinion) but brown in the same manner, having two Leaves at every Foynt, somewhat like, but larger than St. John's Wort, and a little rounder pointed, with few or no Holes to be seen therein, and having sometimes some smaller Leaves rising from the bosom of the greater, and sometimes a little hairy also; At the tops of the Stalks stand many Star-like Flowers, with yellow threds in the middle, very like those of St. John's Wort, insomuch that this is hardly discerned from it, but only by the largeness and height, the Seed being alike also in both. The Root abideth long, sending forth new shoots every year.

**Place.]** It groweth in many Groves and small low Woods, in divers places of this Land, as in Kent, Huntington, Cambridge, and Northampton Shires, as also near Water-courses in other places.

**Time.]** It flowereth in June and July, and the Seed is ripe in August.

**Government and Vertues.]** There is not a Straw to chuse between this and St. John's Wort, only St. Peter must have it, lest he should want Pot-herbs; it is of the same property of St. John's Wort, but somewhat weak, and therefore more seldom used. Two drams of the Seed taken at a time in Honeyed Water, purgeth Cholerick Humours (as saith Dioscorides, Pliny and Galen,) and thereby helpeth those that are troubled with the Sciatica: The Leaves are used as St. John's Wort, to help those places of the Body that have been burnt with Fire.

### Pimpernel.

**Descript.]** Common Pimpernel hath divers weak, square Stalks lying on the Ground, beset all along with two small, and almost round Leaves at every Foynt, one against another, very like Chickweed, but hath no Foot-stalks, for the Leaves as it were compass the Stalk: The Flowers stand singly each by themselves at them and the Stalks, consisting of five round small-pointed Leaves of a fine pale red colour, tending to an Orange, with so many threds in the middle, in whose places succeed smooth round Heads, wherein is contained small Seed. The Root is small and fibrous, perishing every year.

**Place.]** It groweth every where almost, as well in the Meadows and Corn-fields, as by the Way-sides and in Gardens, arising of it self.

**Time.]** It flowreth from May unto August, and the Seed ripeneth in the mean time and falleth.

**Government and Vertues.]** It is a gallant Solar Herb. This is of a cleansing and attractive quality, whereby it draweth forth Thorns or Splinters, or other such like things gotten into the Flesh, and put up into the Nostrils, purgeth the Head; and Galen saith also they have a drying faculty, whereby they are good to sodder the Lips of Wounds, and to cleanse

Thorns or Splinters, purgeth the Head, Wounds and Ulcers, cleanseth Face, Plague, and Pestilential Fevers,

cleanse foul Ulcers. The distilled Water or Juyce is much esteemed by French Dames to cleanse the Skin from any roughness, deformity or discolourings thereof. Being boyled in Wine given to drink, it is a good Remedy against the Plague, and other Pestilential Feavers, if the Party, after taking it, lye warm in his Bed and sweat for two hours after, and use the same twice at least. It helpeth also all Stingings and Bitings of Venomous Beasts or Mad Dogs, being used inwardly and applied outwardly. The same also openeth the Obstructions of the Liver, and is very available against the Infirmities of the Reins; it provoketh Urin, and helpeth to expell the Stone and Gravel out of the Kidnies and Bladder, and helpeth much in all inward Wounds and Ulcers. The Decoction or distilled Water is no less effectual to be applied to all Wounds that are fresh and green, or old filthy fretting and running Ulcers, which it very effectually cureth in short space. A little Honey mixed with the Juyce, and dropped into the Eyes, cleanseth them from cloudy Mists, or thick Films which grow over them and hinder the Sight. It helpeth the Tooth-ach, being dropped into the Ear on the contrary side of the Pain. It is also effectual to ease the Pains of the Hemorrhoids or Piles.

*Venomous Beasts; Mad Dogs Biting, Obstructions, Urin, Stone, and Gravel, Wounds and Ulcers, Clouds or Mists in the Eyes, Tooth-ach, Hemorrhoids.*

Ground-pine, or Chamepitys.

Descript ] OUR common Ground-pine groweth low, seldom rising above an hand breadth high, shooting forth divers small Branches set with slender, small, long, narrow, grayish or whitish Leaves, somewhat hairy, and divided into three parts, many times many bushing together at a Foynnt, and sometimes some growing scatteredly upon the Stalks smelling somewhat strong, like unto Regin; the Flowers are somewhat small, and of a pale yellow Colour growing from the Foynnts of the Stalk all along among the Leaves, after which come small and round Husks. The Root is small and woody, perishing every year.

Place.] It groweth more plentifully in Kent than in any other County of this Land, as namely in many places on this side Dartford along to Southfleet, Chatham and Rochester, and upon Chatham-Down, hard by the Beacon, and half a Mile from Rochester, in a Field nigh a House called Selsey.

Time.] It flowreth and giveth Seed in the Summer Months.

Government and Vertues.] Mars owns the Herb. The Decoction of Ground-pine drunk, doth wonderfully prevail against the Strangury, or any inward Pains arising from the Diseases of the Reins and Urin, and is especial good for all Obstructions of the Liver and Spleen, and gently openeth the Body; for which purpose they were wont in former times to make Pills with the Powder thereof, and the Purple Figs. It marvellously helpeth all the Diseases of the Mother used inwardly, or applied outwardly, procuring Womens Courses, and expelling the Dead Child and After-birth; yea it is so powerfull upon those Feminine Parts, that it is utterly forbidden for Women with Child, and that it will cause

*Strangury, Obstructions, Womens Courses, Mother, Dead Child and After-birth.*

cause Abortment or Delivery before the time : It is as affectual also in Pains and Diseases of the Joynts, as Gouts, Cramps, Palsies, Sciatica

*Gouts, Cramps, Palsies, Sciatica, Aches, &c. Drop-sie, Poyson of the Aconites, Venomous Creatures, Cold, Cough, Palsie, hard Breasts, and hard Swellings, Ulcers and old Sores, Green Wounds.*

Aches : either the Decoction of the Herb Wine taken inwardly, or applied outwardly, both for some time together, for which purpose the Pills made with Powder of Ground-Pine, and of Hermodactyls with Venice-Turpentine are very effectual. These Pills also are special good for those that have the Dropsie, to be continued for some time. The same is a special good herb for the Jaundice, and for Gripping pains of the Joynts, Belly or inward parts : It helpeth also Diseases of the Brain, proceeding of cold and flegmatick Humours and Distillations, as also for the Falling-sickness. It is a special Remedy for the Poyson of the Aconites of all sorts, and other poysonfull Herbs, as also against the Stinging of any Venomous Creatures : It is a good Remedy for a cold Cough, especially in the beginning. For all the purposes afore said, the Herb being tunned up in new Drink and drunk, is almost as effectual, but far more acceptable to weak and dainty Stomachs. The distilled Water of the Herb hath the same effects, but more weakly. The Conserve of the Flowers doth the like, which *Marthiolus* much commendeth against the Palsie. The green Herb, or the Decoction thereof being applied, dissolveth the hardness of Womens Breasts, and all other hard Swellings in any other part of the Body. The green Herb also applied, or the Juyce thereof with some Honey, not only cleanseth putrid, stinking, foul and malignant Ulcers and Sores of all sorts, but healeth and sodereth up the lips of green Wounds in any part also.

Let Women forbear it if they be with Child, for it works violently upon the Feminine part.

### Plantane.

**T**His groweth so familiarly in Meadows and Fields, and by Path-ways, and is so well known that it needeth no Description.

*Time.*] It is in its beauty about *June*, and the Seed ripeneth shortly after.

*Government and Vertues.*] It's true, *Mizaldus* and others, yea almost all Astrologo-Physitians hold this to be an Herb of *Mars*, and they give a verisimile of a truth for it too, viz. Because it cures Diseases of the Head and Privities, which are under the Houses of *Mars*, *Aries* and *Scorpio* : All Diseases of the Head coming of Heat, are caused by *Mars*, for *Venus* is made of no such hot Metal, or at least deals in Inferiour Parts. The truth is, it is under the command of *Venus*, and cures the Head by Antipathy to *Mars*, and the Privities by Sympathy to *Venus* ; neither is there hardly a Martial Disease but it cures : If I were to fortifie my Body against a Martial Disease, I would do it by this Herb as soon as by any, and may do it ( it may be ) when time shall serve.

The



The Juyce of Plantane clarified and drunk  
for divers days together, either of himself or in  
other drink, prevaieth wonderfully against all  
Torments or Excoriations in the Guts or Bowels,  
helpeth the Distillations of Rheum from the Head,  
and stayeth all manner of Fluxes, even Womens  
Courses when they flow too abundantly: It is  
good to stay Spitting of Blood and other Bleed-  
ings at the Mouth, or the making of foul or  
bloody Water by reason of any Ulcer in the  
Reins or Bladder, and also stayeth the too free  
Bleeding of Wounds. It is held an especial Re-  
medy for those that are troubled with the Pti-  
tick, or Consumption of the Lungs, or Ulcers of  
the Lungs, or Coughs that come of Heat. The  
Decoction or Powder of the Roots or Seed, is  
much more binding for all the purposes afore-  
said than the Leaves. *Dioscorides* saith, that  
three Roots boyled in Wine and taken, helpeth  
the Tertian Ague, and four the Quartan Ague: But  
letting pass the number as fabulous) I conceive  
the Decoction of divers Roots may be effectual.  
The Herb (but especially the Seed) is held to be  
profitable against the Dropfie, the Falling-sick-  
ness, the Yellow Jaundice, and stoppings of the  
Liver and Reins. The Roots of Plantane and Pellitory of Spain beaten  
to Powder, and put into hollow Teeth, taketh away the Pains of them:  
The clarified Juyce or distilled Water dropped into the Eyes, cooleth the  
Inflammations in them, and taketh away the Pin and Web, and dropped  
into the Ears, easeth Pains in them, and helpeth and reforeth the Hearing:  
The same also with Juyce of Houlleek is profitable against all Inflammati-  
ons and Breakings out of the Skin, and against Burnings and Scaldings by  
Fire or Water. The Juyce or Decoction made either of it self, or other  
things of like Nature is of much use and good effect for old and hollow  
Ulcers that are hard to be cured, and for Cankers and Sores in the Mouth  
or Privy Parts of Man or Woman; and helpeth also the Pains of the Piles  
in the Fundament: The Juyce mixed with Oyl of Roses, and the Temples  
and Forehead anointed therewith, easeth the Pains of the Head, proceeding  
from Heat, and helpeth Lunatick and Phrenetick Persons very much; as al-  
so the Biting of Serpents, or a Mad Dog: The same also is profitably  
applied to all hot Gouts in the Feet or Hands, especially in the beginning.  
It is also good to be applied where any Bone is out of Joynt to hinder  
Inflammations, Swellings and Pains that presently rise thereupon. The  
Powder of the dried Leaves taken in Drink, killeth Worms of the Belly:  
and boiled in Wine, killeth Worms that breed in old and foul Ulcers.  
One part of Plantane Water, and two parts of the Brine of powder'd

Beef

Beef boyled together and clarified, is a most sure Remedy to heal spreading Scabs or Itch in the Head or Body, all manner of Tetters, Ring-worms, the Shingles, and all other running and fretting Sores. Briefly, the Plantanes are singular good Wound-herbs to heal fresh old Wounds or Sores either inward or outward.

### Plums.

These are so well known, that they need no Description.

*Government and Vertues.*] All Plums are under Venus, and are for Women, some better, some worse. As there is great diversity of the kind, so is there in the Operation of Plums; for some that are sweet moisten the

*Open the Belly, quench Thirst, and Bind the Belly, procure Appetite; allay Choler, cool the Stomach, Rheum, Stone, Tetters and Ring-worms, Piles, Ulcers, Hoarseness and Pains in the Ears, Stone and Colick.*

Stomach, and make the Belly soluble; those that are sowre quench Thirst more, and bind the Belly; the moist and waterish do soonest corrupt the Stomach, but the firm do nourish more and offend less: The dried Fruit, sold by the Grocers under the Name of *Damask Prunes*, do somewhat loosen the Belly, and being stewed, are often used both in health and sickness, to relish the Mouth and Stomach, to procure Appetite, and a little to open the Body, allay Choler, and cool

the Stomach. Plum-Tree-Leaves boyled in Wine, are good to wash and gargle the Mouth and Throat, to dry the Flux of Rheum coming to the Palate, Gums, or Almonds of the Ears. The Gum of the Trees is good to break the Stone. The Gum or Leaves boyled in Vinegar and applied, kill Tetters and Ring-worms. *Matthiolus* saith, The Oyl pressed out of the Kernels of the Stones, as Oyl of Almonds is made, is good against the inflamed Piles, the Tumors, or Swellings of Ulcers, hoarseness of the Voice, roughness of the Tongue and Throat, and likewise the pains in the Ears. And the five ounces of the said Oyl taken with one ounce of Muskadel, driveth forth the Stone, and helpeth the Colick.

### Polipody of the Oak.

*Descript.*] **T**his is a small Herb, consisting of nothing but Roots and Leaves, bearing neither Stalk, Flower, nor Seed, as it is thought. It hath three or four Leaves rising from the Root, every one single by it self, of about a hand length, are winged, consisting of many small narrow Leaves, cut into the middle Rib, standing on each side of the Stalk, large below, and smaller up to the top, not dented, or notched on the edges at all, as the Male Fern hath, of a sad green colour, and smooth in the upper side, but on the under side somewhat rough, by reason of some yellowish spots set thereon. The Root is smaller than ones little finger, lying aslope, or creeping along under the upper crust of the Earth, brownish on the out-side, and greenish within, of a sweetish harshness in taste, set with certain rough Knags on each side thereof, having also much Mossiness or yellow hairiness upon it, and some Fibres underneath it, whereby it is nourished.

*Time.*]

*Place.*] It groweth as well upon old rotten Stumps, or Trunks of Trees, as Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, and upon old Mud-Walls; as also in Mossie, Stony and Gravelly places, near unto Woods: That which grows upon Oaks is accounted the best, but the quantity thereof is scarce sufficient for the common use.

*Time.*] It being always green, may be gathered for use at any time.

*Government and Vertues.*] And why, I pray, must Polipodium of the Oak only be used? Gentle Colledge of Physitians; can you give me but a glimpse of a Reason for it? is it only because it is dearest? Will you never leave your Covetousness till your Lives leave you? The Truth is, That which grows upon the Earth is best ('tis an Herb of *Saturn*, and he seldom climbs Trees) to purge Melancholy; if the Humour be otherwise, chuse your Polipodium accordingly. *Mesue* (who is

called the Physitians Evangelist for the certainty of his Medicines, and the truth of his Opinion) saith, That it dryeth up thin Humours, digesteth thick and tough, and purgeth burnt Choler, and especially tough and thick Flegm, and thin Flegm also, even from the Joynts; and is therefore good for those that are troubled with Melancholy, or Quartan Agues, especially if it be taken in Whey, or Honeyed-water, or in Barley-water, or the Broth of a Chicken with Epithimum, or with Beets and Mallows. It is good for

the hardness of the Spleen, and for Prickings or Stiches in the Sides, as also for the Colick; some use to put to it some Fennel-seeds or Annis-seeds, or Ginger to correct that loathing it bringeth to the Stomach, which is more than needeth; It being a safe and gentle Medicine, fit for all persons at all seasons, which daily experience confirmeth; and an ounce of it may be given at a time in a Decoction, if there be not Sena, or some other strong purger put with it. A dram or two of the Powder of the dried Roots, taken fasting in a Cup of Honeyed-water, worketh gently, and for the purposes aforesaid. The distilled Water both of Roots and Leaves is much commended for the Quartan Ague, to be taken for many days together; as also against Melancholy, or fearfull or troublesome Sleeps or Dreams; and with some Sugar-candy dissolved therein, is good against the Cough, shortness of Breath and Wheezings, and those distillations of thin Rheum upon the Lungs, which cause Ptilicks, and oftentimes Consumptions. The fresh Roots beaten small, or the Powder of the dried Roots mixed with Honey, and applied to the Member that is out of Joynt, doth much help it: Applied also to the Nose, cureth the Disease called *Polypus*, which is a piece of Flesh growing therein, which in time stoppeth the Passage of Breath through that Nostril; and it helpeth those Clefs or Chops that come between the Fingers or Toes.

*Drieth Humours, Purgeth burnt Choler, Flegm, Melancholy, Quartan Agues, Spleen, Colick, Troublesome Sleep, Cough, shortness of Breath, Wheezings, Lungs; Ptilick, Member out of Joynt, Polypus, or Disease in the Nose, Chops in the Fingers or Toes.*

## The Poplar-Tree.

**T**Here are two sorts of *Poplars*, which are most familiar with us, viz. The *Black* and the *White*, both which I shall here describe unto you: Descript.] The *White Poplar* groweth great, and reasonable high, covered with a thick, smooth, white Bark, especially the Branches, having large Leaves cut into several divisions almost like a *Vine Leaf*, but not of so deep a green on the upper side, and hoary white underneath, of a reasonable good scent: The whole form representing the form of *Colts-foot*. The *Catkins* which it bringeth forth before the Leaves, are long, and of a faint reddish colour, which fall away, bearing seldom good Seed with them. The Wood hereof is smooth, soft and white, very finely waved, whereby it is much esteemed.

The *Black Poplar* groweth higher and straighter than the *White*, with a grayish Bark, bearing broad and green Leaves, somewhat like *Ivy-leaves*, not cut in on the edges like the *White*, but whole and dented, ending in a point, and not white underneath, hanging by slender long Foot-stalks, which with the Air are continually shaken like as the *Aspin-leaves* are: The *Catkins* hereof are greater than those of the *White*, composed of many round, green Berries, as if they were set together in a long cluster, containing much downy matter, which being ripe, is blown away with the Wind: The clammy Buds hereof, before they spread into Leaves, are gathered, to make the *Unguentum Populeon*, and are of a yellowish green colour and small, somewhat sweet, but strong. The Wood is smooth, tough and white, and easie to be cloven, on both these Trees groweth a sweet kind of *Musk*, which in former times was used to be put into sweet Oyntments.

Place.] They grow in moist Woods, and by Water-sides in sundry places of this Land, yet the *White* is not so frequent as the other.

Time.] Their time is likewise expressed before: The *Catkins* coming forth before the Leaves in the end of Summer.

Government and Vertues.] *Saturn* hath Dominion over both. The *White Poplar*, saith *Galen*, is of a cleansing property: The weight of one ounce in Powder of the Bark thereof being drunk, saith *Dioscorides*, is a remedy for those that are troubled with the *Sciatica*, or the *Strangury*: the Juice of the Leaves dropped warm into the Ears, easeth the pains in them: The young clammy Buds or Eyes, before they break out into Leaves, bruised, and a little Honey put to them, is a good Medicine for a dull sight. The *Black Poplar* is held to be more cooling than the *White*, and therefore the Leaves bruised with Vinegar and applied, help the Gout: The Seed drunk in Vinegar is held good against the *Falling-sickness*. The Water that droppeth from the hollow places of this Tree, taketh away Warts, Pusshes, Wheals, and other the like Breakings out in the Body. The young *Black Poplar* Buds, saith *Marrholus*, are much used by Women to beautifie their Hair, bruising them with fresh Butter, and straining them after they have been kept for

some



Some time in the Sun: The Oyntment called *Populeon*, which is much of this Poplar, is singular for all Heat and Inflammation in any part of the Body, and tempereth the Heat of VVounds: It is much used to dry up the Milk in VVomens Breasts, when they have weaned their Children.

Poppy.

OF this I shall describe three kinds, viz. The White and Black of the Garden, and the Erratick, VVild-Poppy or Corn-Rose.

Descript. The VVhite Poppy hath at first four or five whitish green Leaves lying upon the Ground, which rise with the Stalk, compassing it at the bottom of them, and are very large, much cut or torn in on the edges; and dented also besides: The Stalk which is usually four or five foot high, hath sometimes no branches at the top, and usually but two or three at most, bearing every one but one Head wrapped in a thin Skin, which boweth down before it be ready to blow; and then rising, and being broken, the Flower within it spreading it self open, and consisteth of four very large, white, round Leaves, with many whitish round Threads in the middle, set about a small, round, green Head, having a Crown or Star-like Cover at the Head thereof, which growing ripe, become as large as a great Apple, wherein are contained a great number of small round Seeds in several partitions or divisions next unto the Shell, the middle thereof remaining hollow and empty. All the whole Plant, both Leaves, Stalks and Heads, while they are fresh, young and green, yield a Milk when they are broken, of an unpleasant bitter taste, almost ready to provoke casting, and of a strong heady smell, which being condensate, is called Opium. The Root is white and woody, perishing as soon as it hath given ripe Seed.

The Black Poppy little differeth from the former, untill it beareth his Flower, which is somewhat less, and of a black purplish colour, but without any purple spots in the bottom of the Leaf. The Head of the Seed is much less than the former, and openeth it self a little round about the top, under the Crown, so that the Seed which is very black, will fall out if one turn the Head thereof downward.

The Wild Poppy or Corn Rose, hath long and narrow Leaves, very much cut in on the edges into many divisions, of a light green Colour, and some time hairy withall: The Stalk is blackish and hairy also, but not so tall as the Garden kind, having some such like Leaves thereon as grow below, parted into three or four Branches sometimes, whereon grow small hairy Heads bowing down before the Skin break, wherein the Flower is enclosed; which when it is full blown open, is of a fair yellowish red, or crimson colour, and is some much paler, without any spot in the bottom of the Leaves, having many black soft Threads in the middle, compassing a small green Head, which when it is ripe, is not bigger than ones little finger end, wherein is contained much black Seed, smaller by half than that of, the Garden. The Root perisheth every year, and springeth again of its own sowing. Of this kind, there is one lesser in all the parts thereof, and differeth in nothing else.

*Place.*] The Garden kinds do not naturally grow wild in any place, but are all sown in Gardens where they grow.

The *Wild Poppy* or *Corn-Rose* is plentiful enough, and many times too much in the Corn-fields of all Counties through this Land, and also upon Ditch-banks, and by Hedge-sides. The smaller wild kind is also found in Cornfields, and also in some other places, but not so plentifully as the former.

*Time.*] The Garden kinds are usually sown in the Spring, which they flower about the end of *May*, and somewhat earlier, if they spring of their own sowing.

The wild kinds flower usually from *May* untill *July*, and the Seed of them is ripe soon after the flowering.

*Government and Vertues.*] The Herb is *Lunar*, and of the Juyce of it made *Opium*, only for lucre of Money they cheat you, and tell you 'tis

*Procure Sleep, Catarrhs and Defluxions of Rheum, stayeth Hoarsness, Flux of the Belly and Womens Courses, Inflammations and St. Anthony's Fire, Pains in the Head, Frenies, Tooth-ack.*

kind of *Tear*, or some such like thing that drops from Poppies when they weep, and that is some where beyond the Seas, I know not where beyond the Moon. The Garden-Poppy-heads, with Seeds made into a Syrup, is frequently, and to good effect used to procure Rest and Sleep in the sick and weak, and to stay Catarrhs and Defluxions of hot thin Rheums from the Head into the Stomach, and upon the Lungs, causing a continual Cough, the fore-runner of a Consumption: It helpeth also Hoarsness of the Throat, and when one hath lost their Voice, which the Oyl of the Seed doth likewise. The black Seed boiled in Wine and drunk, is said also to stay the Flux of the Belly, and Womens Courses. The empty Shells or the Poppy-heads are usually boiled in Water, and given to procure Rest and Sleep; so do the Leaves in the same manner, as also if the Head and Temples be bathed with the Decoction warm, or with the Oyl of Poppies, the green Leaves or Heads bruised and applied with a little Vinegar, or made into a Pultis with Barly-meal or Hogs-grease, it cooleth and tempereth all Inflammations, as also the Disease called *St. Anthony's Fire*. It is generally used in Treacle and Mithridate, and in all other Medicines that are made to procure Rest and Sleep, and to ease Pains in the Head as well as in other parts. It is also used to cool Inflammations, Agues or Frenies, and to stay Defluxions, which cause a Cough or Consumption, and also other Fluxes of the Belly, or Womens Courses: It is also put into hollow Teeth to ease the Pain, and hath been found by experience to ease the Pain of the Gout.

The *Wild Poppy*, or *Corn-Rose*, (as *Marthiolus* saith) is good to prevent the Falling-sickness. The Syrup made with the Flower, is with good effect given to those that have the Pleurisie: and the dried Flowers also, either boyled in Water, or made into Powder and drunk, either in the distilled Water of them, or

*Falling-sickness, Pleurisie, Surfeits, Agues and Inflammations.*

some other Drink, worketh the like effect. The distilled VVater of Flowers, is held to be of much good use against Surfeits, being drunk morning and morning : It is also more cooling than any of the other Pop- and therefore cannot but be as effectual in hot Agues, Frenxies and o- Inflammations either inward or outward, the Syrup or Water to be therein, for the green Leaves used outwardly, either in an Oyntment, it is in *Populeon*, a cooling Oyntment, or any other ways applied. *Galen* The Seed is dangerous to be used inwardly.

Purflane.

77

Arden Purflane (being used as a Salad Herb) is so well known, that it needeth no Description ; I shall therefore only speak of its Vertues followeth :

*Government and Vertues.*] 'Tis an Herb of the Moon. It is good to cool heat in the Liver, Blood, Reins and Stomach, and in hot Agues, no- ing better : It stayeth hot and cholerick Fluxes the Belly, Womens Courses, the Whites and morrhea, or Running of the Reins, the Di- ation from the Head and Pains therein pro- d of Heat, want of Sleep, or the Frensie. The Seed is more effectual than the Herb, and of singular good use to cool the heat and sharp- of the Urin, and the outrageous Lust of the dy, Venereous Dreams, and the like, insomuch at the over frequent use hereof, extinguisht Heat and Vertue of Natural Procreation. The Seed bruised and boiled in Wine, and given Children, expelleth the VVorms. The Juyce the Herb is held as effectual to all the purpo- aforesaid, as also to stay Vomitings, and ta- m with some Sugar or Honey, helpeth an old and dry Cough, shortness of Breath, and the sifick, and stayeth immoderate Thirst. The distilled VVater of the Herb is used by many (as the more pleasing) with a little Sugar to work the same effects. The Juyce also is singular good the Inflammations and Ulcers in the Secret parts in Man or Woman, as also the Bowels and

*Cooleth Heat of Blood in hot Agues, Cholerick Fluxes, Womens Courses, the Whites and Gonorrhoea, Distillations, Frensie, Heat of Urin, Lust and Venereous Dreams, Worms, Vomiting, old, dry Cough, short Breath and Phtisick, Ulcers in the Secret Parts, Redness of the Eyes, and Inflammations, Crick, or Pain in the Neck, Blastings by Lightning, Burning by Gun-powder, Sore Breasts, Childrens Navels, Sore Mouth, and swollen Gums, fastneth Teeth, Tooth-ach, Blood, Urin, Gout, Cramp, and Stiffness of the Sinews.*

hemorrhoids, when they are ulcerous, or Excoriations in them : The Herb bruised and applied to the Forehead and Temples, allays excessive Heat therein, hindring Rest and Sleep ; and applied to the Eyes, taketh away the Redness and Inflammation in them, and those other parts where Pusles, wheals, Pimples, St. *Anthony's* Fire, and the like, break forth. especially if little Vinegar be put to it : And being laid to the Neck with as much of Balls and Linseed together, taketh away the Pains therein and the Crick the Neck. The Juyce is used with Oyl of Roses for the said Causes, or

for Blaftings by Lightning, and Burnings by Gun-powder, or for Womens fore Breasts, and to allay the Heat in all other Sores or Hurts: Applied also to the Navels of Children that flick forth, it helpeth them: It is also good for fore Mouths and Gums that are swollen, to fasten loose Teeth. *Camerarius* saith, That the distilled Water used by some, took away the Pain of their Teeth, when all other Remedies failed, and that the thickned Juyce made in Pills with the Powder of Gum-Tragacanth and Arabick, being taken, prevaieth much to help those that make a bloody Water. Applied to the Gout, it easeth Pains thereof, and helpeth the hardnes of the Sinews, if it come not of the Cramp, or a cold Cause.

### Prim-Roses.

78 They are so well known, that they need no Description. Of the Leaves of Prim-Roses is made as fine a Salve to heal VVounds as any is that I know: You shall be taught to make Salves of any Herb at the latter end of the Book, make this as you are taught there. and do not (you that have any Ingenuity in you) see your poor Neighbours, go with wounded Limbs, when a half-peny cost will heal them.

### Privet.

Descript.] **O**UR common Privet is carried up with many slender Branches to a reasonable height and breadth to cover Arbors, Bowers and Banqueting-Houses, and brought, wrought, and cut into many Forms, of Men, Horses, Birds, &c. which though at first supported, groweth afterwards strong of it self: It beareth long and narrow green Leaves by couples, and sweet smelling white Flowers in Tufts at the ends of the Branches, which turn into small black Berries that have a purplish Juyce within them, and some Seeds that are flat on the one side, with a hole or dent therein.

Place.] It groweth in this Land in divers VVoods.

Time.] Our Privet flowreth in June and July; the Berries are ripe in August and September.

Government and Vertues.] The Moon is Lady of this. It is little used in Physick with us in these times, more than in Lotions to wash Sores and fore Mouths, and to cool Inflammations, and dry up Fluxes. Yet *Marthiolus* saith, It serveth to all the uses for the which Cypres or the East Privet is appointed by *Dioscorides* and *Galen*. He further saith, That the Oyl that is made of the Flowers of Privet infused therein, and set in the Sun, is singular good for the Inflammations of VVounds, and for the Head-ach coming of an hot Cause. There is a sweet VVater also distilled from the Flowers that is good for all those Diseases that need cooling and drying, and therefore helpeth all Fluxes of the Belly or Stomach, Bloody Fluxes, and VVomens Courses being either drunk or applied; as also for those that void Blood at their Mouth, or any other place; and for Distillations of Rheum in the Eyes, especially if it be used with *Turin*.



## Queen of the Meadows, Meadow-Sweet, or Mead-Sweet.

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Came-  
Pain of  
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ws, if it

**Descript.]** THE Stalks of this are reddish, rising to be three foot high, sometimes four or five foot, having at the Foynts thereof large broad Leaves, standing one above another at distances, consisting of many and somewhat broad Leaves, set on each side of a middle Rib, being hard, rough or rugged, sampled much like unto Elm-Leaves, having also some smaller Leaves with them (Agrimony bath) somewhat deeply dented about the edges, of a sad green colour on the upper side, and grayish underneath, of a pretty sharp scent and taste, somewhat like unto Burnet, and a Leaf hereof put into a Cup of Claret-Wine, gieth also a fine relish to it: At the tops of the Stalks and Branches stand many stis of small white Flowers, thrust thick together, which smell much sweeter than the Leaves: and in their places being fallen, come crooked and cornered Seed. The root is somewhat woody, and blackish on the out-side, and brownish within, with greater Strings, and lesser Fibres set thereat, of a strong scent, but nothing pleasant as the Flowers and Leaves, and perisheth not, but abideth many years, shooting forth anew every Spring.

**Place.]** It groweth in moist Meadows, that lye much wet, or near the Courses of Water.

**Time.]** It flowreth in some place or other all the three Summer Months, that is, June, July and August, and their Seed is ripe quickly after.

**Government and Vertues.]** Venus claims Dominion over the Herb. It is used to stay all manner of Bleedings, Fluxes, Vomitings, and Womens Courses, as also their Whites: It is said to alter and take away the Fits of Quartan Agues, and to make a merry heart, for which purpose some use the Flowers, and some the Leaves. It helpeth speedily those that are troubled with the Colick, being boyled in Wine; and with a little Honey taken warm, it openeth the Belly: But boyled in red Wine and drunk, it stayeth the Flux of the Belly. Being outwardly applied, it healeth old Ulcers that are Cankerous or eaten, or hollow and fistulous, for which it is by many much commended, as also for the Sores in the Mouth, or Secret Parts. The Leaves, when they are full grown, being laid upon the Skin, will in a short time raise Blisters thereon, as *Tragus* saith. The Water thereof helpeth the Heat and Inflammation in the Eyes.

Bleeding, Fluxes, Vomitings, Womens Courses and the Whites, Quartan Ague, Colick, opens the Belly; Old Ulcers, healeth sore Mouths or Secrets, raise Blisters, Inflammations in the Eyes.

## The Quince-Tree.

**Descript.]** THE ordinary Quince-Tree groweth often to the height and bigness of a reasonable Apple-Tree, but more usually lower and crooked, with a rough Bark, spreading Arms and Branches far abroad. The Leaves are somewhat like those of the Apple-Tree, but thicker, broader, and fuller of Veins, and whiter on the under side, not dented at all about the edges. The Flowers are

large and white, sometimes dash'd over with a blush. The Fruit that followeth is yellow, being near ripe, and covered with a white Freeze or Cotten, thick set on the younger, and growing less as they grow to be through ripe, bunched out oftentimes in some places, some being like an Apple, and some a Pear, of a strong heady scent, and not durable to keep, and is sovere, harsh, and of an unpleasant taste to eat fresh; but being scalded, roasted, baked or preserved, becometh more pleasant.

*Place and Time.*] It best likes to grow near Ponds and Water-sides, and is frequent through this Land; and flowreth not untill the Leaves be come forth. The Fruit is ripe in September or October.

*Government and Vertues*] Old Saturn owns the Tree. Quinces when

*Fluxes, Lask, &c. Provoketh Appetite, stayeth Vomiting, Fainting Spirits, Choler, Flegm, Poyson, Womens Breasts, Plague-Sores, Preserveth Hair.*

they are green, help all sorts of Fluxes in Man or Woman, and Cholerick Lasks, Castings, and whatever needeth astringtion more than any way prepared by Fire: yet the Syrup of the Juyce or the Conserve, are much conduible, much of the binding quality being consumed by the Fire. If a little Vinegar be added, it stirreth up the languishing Appetite, and the Stomach given to

Castings: some Spices being added, it comforteth and strengtheneth the decayed and fainting Spirits, and helpeth the Liver oppressed, that it cannot perfect the Digestion; and correcteth Choler and Flegm: if you would have them purging, put Honey to them instead of Sugar; and if more Laxative, for Choler, Rubarb; for Flegm, Turbith; for watry Humours, Scammony: but if more forceably to bind, use the unripe Quinces, with Roses and Acacia, Hypocistis, and some torried Rubarb. To take the crude Juyce of Quinces, is held a preservative against the force of deadly Poyson; for it hath been found most certain true, That the very smell of a Quince hath taken away all the strength of the Poyson of White Hellebore. If there be need of any outward binding and cooling of any hot Fluxes, the Oyl of Quinces, or other Medicines that may be made thereof, are very available to anoint the Belly, or other parts therewith: It likewise strengtheneth the Stomach and Belly, and the Sinews that are loosned by sharp Humors falling on them, and restraineth immoderate Sweatings. The Mucilage taken from the Seeds of Quinces, and boiled in a little Water, is very good to cool the heat, and heal the sore Breasts of Women. The same with a little Sugar is good to lenifie the harshness and hoarseness of the Throat, and roughness of the Tongue. The Cotton or Down of Quinces boiled and applied to Plague-sores, healeth them up; and laid as a Plaster made up with Wax, it bringeth Hair to them that are bald, and keepeth it from falling, if it be ready to shed.

### Rhadish, and Horse-Rhadish.

79 **T**HE Garden-Rhadish is so well known, that it needeth no Description. *Descript.*] The Horse-Rhadish hath his first Leaves that rise before Winter, about a foot and a half long, very much cut in or torn on the edges into many parts of a dark green colour, with a great Rib in the middle, after these have been

while, others follow which are greater, rougher, broader and longer, whole divided at the first, but only somewhat roundly dented about the edges: when it beareth Flowers (which is but seldom) is great, rising up with lesser Leaves thereon to three or four foot high, spreading at the top small Branches of whitish Flowers, made of four Leaves apiece; after which small Pods, like those of Shepherds-purse, but seldom with any Seed in them. It is great, long, white and rugged, shooting up divers Heads of Leaves, may be parted for increase, but it doth not creep within Ground, nor run Ground, and is of a strong, sharp and bitter taste, almost like Mustard. It is found wild in some places of this Land, but is chiefly planted in gardens where it joeyeth in moist and shadowy places. It flowereth but seldom, but when it doth, it is in July. *Gernment and Vertues.* They are both under Mars. The Juyce of Rhadish given to drink, is held to be very good for the Scurvey. It killeth the Worms Scurvey, Worms, Sciatica, children being drunk, and also laid upon the Liver and Spleen. The Root bruised and laid to the place troubled with the Sciatica, Joynt-ach, or the hard Swellings of the Liver and Spleen, doth wonderfully help them all. The distilled Water of the Root and Roots, is more familiar to be taken with a little Sugar for all purposes aforesaid. Garden-Rhadishes are in wantonness by the Gentry eaten as Salad, but breed but Scurvey Humours in the Stomach, and corrupt the Blood, then send for a Physitian as fast as you can: this is one cause makes the use of such nice Palats so unhealthfull, yet such as are troubled with the Gravel, Stone Stone, Dysury. stoppage of Urin, they are good Physick if every body be strong that takes them: You may make the Juyce of the Roots a Syrup if you please for that use: They purge by Urin exceedingly.

### Rag-wort.

It is called also St. James-wort, Stagger-wort and Stammer-wort, and Seg-grum.

*Descript.* The greater common Rag-wort hath many large, and long, dark, green Leaves lying on the Ground, very much rent and torn on the sides into many pieces; from among which rise up sometimes but one, and sometimes two or three more or crested blackish or brownish Stalks three or four foot high, sometimes branched, bearing divers such like Leaves upon them at several distances unto the top, where it brancheth forth into many Stalks, bearing yellow Flowers, consisting of divers Leaves set as a Pale or Border, with a dark yellow Thrum in the middle, which do abide a great while, but at last are turned into Down, and with the small blackish gray Seed are carried away with the Wind. The Root is made of many Fibres, whereby it is firmly fastned into the Ground, and abideth many years.

There is another sort hereof different from the former only in this, That it riseth

riseth not so high; the Leaves are not so finely jagged, nor of so dark a green colour, but rather somewhat whitish, soft and woolly, and the Flowers usually pale. *Place.*] They grow both of them wild in Pastures, and untill'd Ground in many places, and oftentimes both in one Field.

*Time.*] They flower in June and July, and the Seed is ripe in August. *Government and Vertues.*] Rag-wort is under the command of Dame Venus and cleanseth, digesteth and discusseth. The decoction of the Herb is good to wash the Mouth or Throat that hath Ulcers or Sores there; and for Swellings, Hardness or Imposthumation; for it thoroughly cleanseth and healeth them; also the Quinzie, and the Kings-Evil: It helps to stay Catarrhs, thin Rheums, and Defluxions from the Head into the Eyes, Nose or Lungs. The Juycy is found by experience to be singular good to heal green Wounds, and to cleanse and heal all old and filthy Ulcers, in the Privities

*Sore Mouth or Throat, Swellings and Imposthumes, Quinzie, and Kings-Evil, Catarrhs and Defluxions, Green Wounds, and Ulcers in the Privy Parts, running Cankers and hollow Fistulae, Aches and Pains, Sciatica.*

and in other parts of the Body; as also inward Wounds and Ulcers, stayeth the malignity of fretting and running Cankers, and hollow Fistulae, not suffering them to spread further. It is also much commended to heal Aches and Pains either in the fleshy part, or in the Nerves and Sinews; as also the Sciatica, or Pain of the Hips or Huckle-bone, to bathe the place with the Decoction of the Herb, or to anoint them with an Oyntment made of the Herb, bruised and boyled in old Hogs-suet with some Mastic and Olibanum in Powder added unto it after it is strained forth.

In *Sussex* we call it *Rag-weed*.

### Rattle-grass.

OF this there are two kinds which I shall speak of, viz. The Red and Yellow.

*Descript.*] The common Red-Rattle hath sundry reddish hollow Stalks, and sometimes green, rising from the Root, lying for the most part on the Ground, some growing more upright, with many small reddish or greenish Leaves set on both sides of a middle Rib, finely dented about the edges: The Flowers stand at the tops of the Stalks and Branches, of a fine purplish red colour, like small gaping Hoods; after which come flat blackish Seed in small Husks, which lying loose therein, will rattle with shaking. The Root consists of two or three small whitish Strings with some Fibres thereat.

The common Yellow-Rattle hath seldom above one round green Stalk rising from the Root, about half a yard or two foot high, and but few Branches thereon, having two long, and somewhat broad Leaves set at a Joynt, deeply cut in on the edges, resembling the Comb of a Cock, broadest next to the Stalk, and smaller to the end: The Flowers grow at the tops of the Stalks with some shorter Leaves with them, hooded after the same manner that the others are, but of a fair yellow colour, or in some paler, and in some more white. The Seed is contained in large



a graine, and being ripe will rattle, or make a noise with lying loose in them.  
 y pale, is small and slender, perishing every year.

round.] They grow in our Meadows and Woods, generally through this

ust. .] They are in flower from Midsummer untill August be past some-

ne Government and Vertues.] They are both of them under the Dominion

the Moon. The Red-Rattle is accounted pro-

re to heal up Fistulaes, and hollow Ulcers,

to stay the Flux of Humours to them, as

the abundance of Womens Courses, or any

Flux of Blood, being boyled in red Wine

drunk.

the Yellow-Rattle, or Coks-Comb is held to

good for those that are troubled with a Cough,

and Dimness of Sight, if the Herb being boyled with Beans, and some

is put thereto, be drunk, or dropped into the Eyes. The whole Seed

is put into the Eyes, draweth forth any Skin, Dimness or Film from

Sight without trouble or pain.

*Fistulaes, and hollow Ulcers, Womens Courses, Fluxes.*

*Cough, Dim-sight.*

### Rest-Harrow, or Cammoak.

ript. **C**ommon Rest-Harrow riseth up with divers rough woody Twigs, half a yard, or a yard high, set at the Joynts without order, with roundish Leaves, sometimes more than two or three at a place, of a dark colour, without Thorns while they are young, but afterwards armed in sundry with short and sharp Thorns. The Flowers come forth at the tops of the stems and Branches, whereof it is full, fashioned like Pease, or Broom-Blossoms, lesser, flatter and somewhat close, of a faint purplish colour; after which small Pods, containing small, flat and round Seed: The Root is blackish on out-side, and whitish within, very rough and hard to break when it is fresh green, and as hard as an Horn when it is dried, thrusting down deep into the ground, and spreading likewise, every piece being apt to grow again if it be left in the Ground.

ace.] It groweth in many places of this Land, as well in the Arable as in the Ground.

me.] It flowereth about the beginning or middle of July, and the Seed be in August.

overnment and Vertues.] It is under the Dominion of Mars. It is singular good to provoke Urin when it is stopped,

to break and drive forth the Stone, which

Powder of the Bark of the Root taken in

performeth effectually. Matthiolus saith,

the same helpeth the Disease called Hernia Car-

the fleshy Rupture by taking the said Pow-

der for some Months together constantly, and

*Urin stopped, Stone, fleshy Rupture, Toock-ach, Liver and Spleen, Obstructed Ulcers.*

that it hath cured some which

which seemed incurable by any other means than by cutting or burning. The Decoction thereof made with some Vinegar, and gargled in the Mouth easeth the Tooth-ach, especially when it comes of Rheum; and the said Decoction is very powerfull to open Obstructions of the Liver and Spleen, and other parts. A distilled Water made in *Balneo Mariae* with four pound of the Root hereof first sliced small, and afterwards steeped in a Gallon of Canary Wine, is singular good for all the purposes aforesaid, and to cleanse the Passages of the Urin. The Powder of the said Root made into an Electuary or Lozenges with Sugar; as also the Bark of the fresh Roots boyled tender, and afterward beaten into a Conserve with Sugar, worketh the like effect. The Powder of the Roots strewed upon the brims of Ulcers, or mixed with any other convenient thing and applied, consumeth the hardness, and causeth them to heal the better.

### Rocket.

**I**N regard the Garden-Rocket is rather used as a Salad Herb, than to any Physical purposes, I shall omit it, and only speak of the common wild Rocket: The Description whereof take as followeth:

*Descript.] The common wild Rocket hath longer and narrower Leaves, much more divided into slender cuts and jags on both sides of the middle Rib than the Garden kinds have, of a sad over-worn green colour, from among which rise divers Stalks two or three foot high, sometimes set with the like Leaves, but smaller and smaller upwards, branched from the middle into divers stiff Stalks bearing sundry yellow Flowers on them made of four Leaves apiece, as the others are, which afterwards yield them small reddish Seed, in small long Pods, of a more bitter and hot biting taste than the Garden kinds, as the Leaves are also.*

*Place.] It is found wild in divers places of this Land.*

*Time.] It flowereth about June or July, and the Seed is ripe in August.*

*Government and Vertues.] The wild Rockets are forbidden to be used alone, in regard their sharpness fumeth into the Head, causing Ach and Pain therein: and are no less hurtfull to hot and cholerick Persons, for fear of inflaming their Blood, and therefore for such we may say, a little doth but a little harm, for angry Mars rules them, and he sometimes will be tefty when he meets with Fools. The wild Rocket is more strong and effectual to encrease Sperm and Venereous qualities, whereunto all the Seed is more effectual than the Garden kinds: It serveth also to help Digestion, and provoketh Urin exceedingly. The Seed is used to cure the Bitings of Serpents, the Scorpion and the Shrew-Mouse, and other Poysons, and expelleth VVorms, and other noysome Creatures that breed in the Body.*

The Herb boyled or stewed, and some Sugar put thereto, helpeth the Cough in Children, being taken often. The Seed also taken in drink, taketh away the ill scent of the Arm-pits, encreaseth Milk in Nurses, and wasteth the Spleen. The Seed mixed with Honey, and used on the Face, cleanseth the

Skin

from Morpew, and other discolourings therein; and used with Vine-  
 raketh away Freckles and Redness in the Face or other parts, and  
 the Gall of an Ox, it amendeth foul Scars, black and blew Spots, and  
 Marks of the Small Pox.

Winter-Rocket, or Cresses.

[W]inter-Rocket, or Winter-Cresses, have divers somewhat large  
 sad green Leaves lying upon the Ground, torn or cut into divers  
 somewhat like unto Rocket or Turnip-Leaves, with smaller pieces next the  
 stem, and broad at the ends, which so abide all Winter (if it spring up in Au-  
 tumn when it is used to be eaten) from among which riseth up divers small round  
 full of Branches, bearing many small yellow Flowers of four Leaves a-piece,  
 which come small Pods with reddish Seed in them. The Root is somewhat  
 woody, and perisheth every year after the Seed is ripe.

[Use.] It groweth of its own accord in Gardens and Fields by the Way-  
 side in divers places, and particularly in the next Pasture to the Conduit-  
 behind Grays-Inn, that brings Water to Mr. Lamb's Conduit in Holborn.

[Government and Vertues.] It flowereth in May, and seedeth in June, and then perisheth.  
 This is profitable to provoke Urin, and helpeth

much Strangury, and to expell Gravel and the  
 Stone. It is also of good effect in the Scurvy. It  
 is found by experience to be a singular good  
 wound-herb, to cleanse inward Wounds: the

Strangury, Gravel and  
 Stone, Scurvy, Wounds,  
 Ulcers and Sores.

Decoction being drunk, or outwardly  
 applied to wash foul Ulcers and Sores, cleansing them by sharpness, and  
 drying or abating the dead Flesh from growing therein, and healing  
 them by the drying quality.

Roses.

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Hold it altogether needless to trouble the Reader with a Description of  
 any of these, sith both the Garden-Roses and the Wild-Roses of the Bry-  
 tain are well enough known; take therefore the Vertue of them as follow-  
 eth: And first I shall begin with the Garden kinds.

[Government and Vertues.] What a Quarter have Authors made with  
 Roses? What a Racket have they kept? I shall add, red Roses are under  
 Jupiter, Damask under Venus, and white under the Moon, and Provence  
 under the King of France. The White and the Red Roses are cooling and  
 drying, and yet the White is taken to exceed the Red in both the proper-  
 ties, but is seldom used inwardly in any Medicine: The bitterness in the  
 Roses when they are fresh, especially the Juyce,  
 argueth Choler, and watry Humours: but being  
 dried, and that heat which caused the bitter-  
 ness being consumed, they have then a binding  
 and astringent quality: Those also that are not  
 full-blown, do both cool and bind more than  
 these that are full-blown, and the white Rose  
 more than the red. The Decoction of red Ro-

Choler and watery Hu-  
 mours, Head-ach, Pains in  
 the Ears, Eyes, Throat  
 and Gums, Fundament,  
 Bowels, and Matrix, St.  
 Anthony's Fire, Stomach.

*Womens Courses, Defluxions, fastneth Teeth, Lask, and Spitting of Blood, Heat and Inflammations, Rest and Sleep. Whites and Reds in Women, Choler and Flegm, Redness and Watering in the Eyes.*

ses made with Wine and used, is very good for the Head-ach, and pains in the Eyes, Ears, Throat, and Gums, as also for the Fundament, the lower parts of the Belly, and the Matrix, being bathed or put into them. The same Decoction with the Roses remaining in it, is profitably applied to the Region of the Heart to ease the Inflammation therein; as also St. Anthony's Fire, and other Diseases of the Stomach. Being dried and beaten

Powder, and taken into stealed Wine or Water, it helpeth to stay VVomens Courses. The yellow threds in the middle of the red Roses (which are erroneously called the Rose-seed) being powdered, and drunk in the distilled Water of Quinces, stayeth the over-flowing of VVomens Courses, and doth wonderfully stay the Defluxions of Rheum upon the Gums and Teeth, preserving them from corruption, and fastning them if they be loose, being washed and gargled therewith, and some Vinegar of Squills added thereto. The Heads with the Seed being used in Powder, or in a Decoction, stayeth the Lask and Spitting of Blood. Red Roses do strengthen the Heart, the Stomach, and the Liver, and the retentive Faculty: they mitigate the Pains that arise from Heat, assuage Inflammations, procure Rest and Sleep, stay both Whites and Reds in Women, the Gonorrhea, or Running of the Reins, and the Fluxes of the Belly: the Juyce of them doth purge and cleanse the Body from Choler and Flegm. The Husks of the Roses with the Beards and Nails of the Roses are binding and cooling, and the distilled Water of either of them, is good for the Heat and Redness in the Eyes, and to stay and dry up the Rheums and Watering of them. Of the red Roses are usually made many Compositions, all serving to sundry good uses, viz. Electuary of Roses, Conserve, both moist and dry, which is more usually called Sugar of Roses, Syrup of dried Roses, and Honey of Roses. The Cordial Powder called *Diarrhodon Abbatis*, and *Aromatica Rosarum*. The distilled Water of Roses, Vinegar of Roses, Oyntment and Oyl of Roses, and the Rose-leaves dried, which although no Composition, yet of a very great use and effect. To write at large of every one of these, would make my Book swell too big, it being sufficient for a Volume of it self, to speak fully of them. But briefly, The Electuary is purging, whereof two or three drams taken by it self in some convenient Liquor, is a Purge

*A Purge for Choler, hot Feavers, Pains of the Head, Heat of the Eyes, Jaundice, and Joynt-aches, Distillations and Defluxions of Rheum, Fluxes and Lasks, Running of the Reins, Faintings, Swoonings, and Tremblings of*

sufficient for a weak Constitution: but may be encreased to six drams, according to the strength of the Patient. It purgeth Choler without trouble, and is good in hot Feavers, and Pains of the Head arising from hot cholerick Humours, and heat in the Eyes, the Jaundice also, and Joynt-aches proceeding of hot Humours. The moist Conserve is of much use, both binding and Cordial; for untill it be about two years old, it is more binding than Cordial, and after that, more

Cordial



radial than binding. Some of the younger Con-  
 serve taken with *Mitridatum* mixed together, is  
 good for those that are troubled with Distillati-  
 ons of Rheum from the Brain to the Nose, and  
 Defluxions of Rheum into the Eyes; as also for  
 Fluxes and Lasks of the Belly; and being mixed  
 with the Powder of Mastich, is very good for the  
 running of the Reins, and for the Loosness of  
 Humours in the Body. The old Conserve mix-  
 ed with *Aromaticum Rosatum*, is a very good Cor-  
 dial against Faintings, Swoonings, Weakness and  
 Tremblings of the Heart, strengthening both it and a weak Stomach, help-  
 eth Digestion, stayeth Casting, and is a very good preservative in the time  
 of Infection. The dry Conserve, which is called Sugar of Roses, is a very  
 good Cordial to strengthen the Heart and Spirits; as also to stay Defluxi-  
 ons. The Syrup of dried red Roses strengtheneth a Stomach given to Cast-  
 ing, cooleth an over-heated Liver, and the Blood in Agues, comforteth the  
 Heart, and resisteth Putrefaction and Infection, and helpeth to stay Lasks  
 and Fluxes. Honey of Roses is much used in Gargles and Lotions to wash  
 Sores, either in the Mouth, Throat, or other parts, both to cleanse and  
 heal them, and to stay the Fluxes of Humours falling upon them. It is also  
 used in Clysters both to cool and cleanse. The Cordial Powder, called *Di-  
 rrhodon Abbatis* and *Aromatica Rosarum*, do comfort and strengthen the Heart  
 and Stomach, procure an Appetite, help Digestion, stay Vomiting; and are  
 very good for those that have slippery Bowels to strengthen them, and to  
 dry up their moisture. Red Rose-water is well known, and of a familiar  
 use in all occasions (and better than Damask Rose-water) being cooling and  
 cordial, refreshing, quickning the weak and faint Spirits, used either in  
 Meats or Broths to wash the Temples, to smell to at the Nose, or to smell  
 the sweet Vapors thereof out of a Perfuming-pot, or cast into a hot Fire-  
 shovel. It is also of much good use against the redness and inflammations of  
 the Eyes to bathe them therewith, and the Temples of the Head, also against  
 Pain and Ach, for which purpose also Vinegar of Roses is of much good use,  
 and to procure rest and sleep, if some thereof,  
 and Rose-water together be used to smell unto, *Procure Sleep.*  
 or the Nose and Temples moistned therewith,  
 but more usually to moisten a piece of a red Rose-Cake cut fit for the pur-  
 pose, and heated between a double folded Cloth, with a little beaten Nut-  
 meg, and Poppy-seed strewed on the side that must lye next to the Fore-  
 head and Temples, and bound so thereto for all  
 Night. The Oyntment of Roses is much used a-  
 gainst Heat and Inflammations in the Head, to  
 anoint the Forehead and Temples, and being  
 mixed with *Unguentum Populeon*, to procure rest;  
 as also it is used for the Heat of the Liver, of the  
 Back and Reins, and to cool and heal Pushes, Wheals, and other red Pim-  
 ples

the Heart, helpeth Dige-  
 stion, stayeth Casting, In-  
 fection, cooleth the Liver  
 and Blood, resisteth Putre-  
 faction, and Infection, sore  
 Mouths, Throats, &c.  
 Comfort the Heart and  
 Stomach, stay Vomiting,  
 faint Spirits, Redness of  
 the Eyes.

Heat of the Liver, Back  
 and Reins, Pushes, Wheals  
 and Pimples, Fluxes of  
 Humours.

ples rising in the Face or other parts. Oyl of Roses is not only used by it self to cool any hot Swellings or Inflammations, and to bind and stay Fluxes of Humours unto Sores, but is also put into Oyntments and Plaisters that are cooling and binding, and restraining the Flux of Humours. The dried Leaves of the red Roses, are used both inwardly and outwardly, both cooling, binding, and cordial, for with them are made both *Aromaticum Rosarum*, *Diarrhodon Abbatis*, and *Saccarum Rosarum*, each of whose Properties are before declared. Rose-Leaves and Mints heated and applied outwardly to the Stomach, stay Castings, and very much strengthen a weak Stomach; and applied as a Fomentation to the Region of the Liver and Heart, do much cool and temper them, and also serve instead of a Rose-Cake (as is said before) to quiet the over-hot Spirits, and cause Rest and Sleep. The Syrup of Damask-Roses is both Simple and Compound, and made with Agarick. The simple solutive Sy-

*Weak Stomach, Purgeth  
Choler, Bind the Belly,  
Melancholick Humours,  
Leprosie, Itch, Tetters,  
French-Pox, Open the Belly.*

rup, is a familiar, safe, gentle and easie Medicine, purging Choler, taken from one ounce to three or four; yet this is remarkable herein, that the distilled Water of this Syrup should notably bind the Belly; The Syrup with Agarick is more strong and effectual, for one ounce thereof by it self will open the Body more than the other, and worketh as much on Flegm as Choler. The Compound Syrup is more forcible in working on Melancholick Humours, and available against the Leprosie, Itch, Tetters, &c. and the French Disease: also Honey of Roses solutive is made of the same Infusions that the Syrup is made of, and therefore worketh the same effect, both opening and purging, but is oftener given to Flegmatick than Cholerick persons, and is more used in Clysters than in Potions, as the Syrup made with Sugar is. The Conserve and preserved Leaves of these Roses are also operative, in gently opening the Belly.

The simple Water of the Damask-Roses is chiefly used for Fumes to sweeten things, as the dried Leaves thereof to make sweet Powders, and fill sweet Bags, and little use they are put to in Physick, although they have some purging quality; the wild Roses also are few or none of them used in Physick, but are generally held to come near the Nature of the manured

*Bind the Belly, and stay  
Defluxions, Whites in Wo-  
men. Stone, provokes Urin,  
Colick, Worms.*

Roses. The Fruit of the wild Briar, which are called Hops, being thoroughly ripe, and made into a Conserve with Sugar, besides the pleasantness of the taste, doth gently bind the Belly, and stay Defluxions from the Head upon the Stomach, drying up the moisture thereof, and helpeth Digestion. The Pulp of the Hops dried into a hard Consistence, like to the Juyce of Liquorish, or so dried that it may be made into Powder, and taken in drink, stayeth speedily the Whites in Women. The Brier-Ball is often used, being made into Powder and drunk to break the Stone, to provoke Urin when it is stopped, and to ease and help the Colick, some appoint it to be burnt, and then taken for the same purpose. In the mid-

of the Balls are often found certain white Worms, which being dried and made into Powder, and some of it drunk, is found by experience of many to kill and drive forth the Worms of the Belly.

*Rosa Solis, or Sun-dew.*

**Descript.]** *It hath divers small, round, hollow Leaves, somewhat greenish, but full of certain red Hairs, which make them seem red, every one standing upon his own Foot-stalks, reddish, hairy likewise. The Leaves are continually moist in the hottest day, yea, the hotter the Sun shines on them, the moister they are, with a certain sliminess that will rope (as we say) the small Hairs always holding this moisture. Among these Leaves rise up small slender Stalks, reddish also, three or four fingers high, bearing divers small white knobs one above another, which are the Flowers; after which, in the Heads are contained small Seeds. The Root is a few small Hairs.*

**Place.]** It groweth usually in Bogs and in wet places, and sometimes in moist Woods.

**Time.]** It flowreth in June, and then the Leaves are fittest to be gathered.

**Government and Vertues.]** The Sun rules it, and 'tis under the Sign Cancer, *Rosa Solis* is accounted good to help those that have a salt Rheum distilling on the Lungs, which breedeth a Consumption, and therefore the distilled Water thereof in Wine, is held fit and profitable for such to drink, which Water will be of a good yellow colour.

The same Water is held to be Gold for all other Diseases of the Lungs, as Ptsicks, Wheezings, shortness of Breath, or the Cough; as also to heal the Ulcers that happen in the Lungs; and it comforteth the Heart and fainting Spirits. The Leaves outwardly applied to the Skin, will raise Blisters, which hath caused some to think it dangerous to be taken inwardly: but there are other things which will also draw Blisters, yet nothing dangerous to be taken inwardly. There is an usual Drink made thereof with *Aqua Vita* and Spices frequently, and without any offence or danger, but to good purpose used in Qualms and Passions of the Heart.

*Distillations of Rheum, Ptsick, Wheezings, shortness of Breath, Cough, Ulcers in the Lungs, comforts the Heart, raises Blisters, Passions of the Heart.*

*Rosemary.*

**O**UR Garden Rosemary is so well known, that I need not describe it. **Time.]** It flowreth in April and May with us, sometimes again in August.

**Government and Vertues.]** The Sun claims priviledge in it, and 'tis under the Celestial Ram. It is an Herb of as great use with us in these days as any whatsoever, not only for Physical, but civil purposes. The Physical use of it (being my present Task) is very much both for inward and outward

ward Diseases: for by the warming and comforting heat thereof it helpeth all cold Diseases both of the Head, Stomach, Liver and Belly. The Decoction thereof in Wine, helpeth the cold Distillations of Rheum into the Eyes, and all other cold Diseases of the Head and Brain, as the Giddiness or Swimmings therein, Drowlines or Dullness of the Mind and Senses like a stupidness, the dumb Pallie, or loss of Speech, the Lethargy and Falling Sickness, to be both drunk, and the Temples bathed therewith. It helpeth the Pains in the Gums and Teeth by Rheum falling into them, or by putrefaction, causing an evil smell from them, or a stinking Breath. It helpeth a weak memory, and quickeneth the Senses. It is very comfortable to the Stomach in all the cold griefs thereof, helping both retention of Meat, and Digestion, the Decoction or Powder being taken in Wine. It is a Remedy for the windiness in the Stomach and Bowels, and expelleth it powerfully: as also Wind in the Spleen. It helpeth those that are Livergrown by opening the Obstructions thereof. It helpeth dim Eyes and procureth a clear Sight, the Flowers thereof being taken all the while it is flowering every Morning fasting with Bread and Salt. Both *Dioscorides* and *Galen* say, That if a Decoction be made thereof with water, and they that have the Yellow Jaundice do exercise their Bodies presently after the taking thereof, it will certainly Cure them. The Flowers and Conserve made of them, is singular good to comfort the Heart, and to expel the Contagion of the Pestilence: to burn the Herb in Houses and Chambers, correcteth the Air in them. Both the Flowers and the Leaves are very profitable for Women that are troubled with the Whites, if they be daily taken. The dried Leaves shred small, and taken in a Pipe as Tobacco is taken, helpeth those that have any Cough or Ptisick, or Consumption, by warming and drying the thin Distillations which cause those Diseases. The Leaves are very much used in bathings, and made into Oyntments, or Oyl, are singular good to help cold benumbed Joynts, Sinews or Members. The Chymical Oyl drawn from the Leaves and Flowers is a Sovereign help for all Diseases aforesaid; to touch the Temples and Nostrils with two or three drops, for all the Diseases of the Head and Brain spoken of before; as also to take one drop, two or three, as the Cause requireth, for the inward Griets: yet must it be done with discretion, for it is very quick and piercing, and therefore but a very little must be taken at a time. There is also another Oyl made by Infusion in this manner, Take what quantity you will of the Flowers, and put them into a strong Glass close stopped, tie a fine Linnen Cloth over the Mouth and turn the Mouth down into another strong Glass, which being set in the Sun, an Oyl will distil down into the lower Glass, to be preserved as precious for divers uses, both inward and outward as a Sovereign Balm

*Cold Diseases, Rheum, Swimming of the Head, Drowlines, Stupidity, dumb Pallie, Lethargy, and Falling-sickness, Tooth-ach, stinking Breath, weak Memory, Stomach, Retention of Meat, Wind, Liver-grown, dim Sight, Yellow Jaundice, Pestilence, Whites in Women, Cough, Ptisick, or Consumption, benumbed Joynts, Spots and Scars in the Skin.*

the Stomach and Bowels, and expelleth it powerfully: as also Wind in the Spleen. It helpeth those that are Livergrown by opening the Obstructions thereof. It helpeth dim Eyes and procureth a clear Sight, the Flowers thereof being taken all the while it is flowering every Morning fasting with Bread and Salt. Both *Dioscorides* and *Galen* say, That if a Decoction be made thereof with water, and they that have the Yellow Jaundice do exercise their Bodies presently after the taking thereof, it will certainly Cure them. The Flowers and Conserve made of them, is singular good to comfort the Heart, and to expel the Contagion of the Pestilence: to burn the Herb in Houses and Chambers, correcteth the Air in them. Both the Flowers and the Leaves are very profitable for Women that are troubled with the Whites, if they be daily taken. The dried Leaves shred small, and taken in a Pipe as Tobacco is taken, helpeth those that have any Cough or Ptisick, or Consumption, by warming and drying the thin Distillations which cause those Diseases. The Leaves are very much used in bathings, and made into Oyntments, or Oyl, are singular good to help cold benumbed Joynts, Sinews or Members. The Chymical Oyl drawn from the Leaves and Flowers is a Sovereign help for all Diseases aforesaid; to touch the Temples and Nostrils with two or three drops, for all the Diseases of the Head and Brain spoken of before; as also to take one drop, two or three, as the Cause requireth, for the inward Griets: yet must it be done with discretion, for it is very quick and piercing, and therefore but a very little must be taken at a time. There is also another Oyl made by Infusion in this manner, Take what quantity you will of the Flowers, and put them into a strong Glass close stopped, tie a fine Linnen Cloth over the Mouth and turn the Mouth down into another strong Glass, which being set in the Sun, an Oyl will distil down into the lower Glass, to be preserved as precious for divers uses, both inward and outward as a Sovereign Balm



to heal the Diseases before mentioned, to clear dim Sight, and take away  
The Discolours, Spots, Marks, and Scars in the Skin.

Rhubarb, or Rhapontick.

DO not start, and say this grows you know not how far off; and then  
ask me, How it comes to pass that I bring it among our *English Sim-*  
*ples*? For though the Name may speak it Forrein, yet it grows with us in  
England, and that frequent enough in our Gardens; and when you have  
thoroughly perused it's Vertues, you will conclude it nothing inferior to  
that which is brought us out of *China*, and by that time this hath been as  
much used as that hath been, the Name which the other hath gotten will  
be eclipsed by the fame of this: take therefore a Description at large of it,  
as followeth:

[Descript.] At the first appearing out of the Ground, when the winter is past;  
it hath a great round brownish Head, rising from the middle or sides of the Root,  
which openeth it self into sundry Leaves one after another, very much crumpled  
or folded together at the first, and brownish: but afterwards it spreadeth it self,  
and becometh smooth, very large and almost round, every one standing on a brownish  
Stalk of the thickness of a Mans Thumb, when they are grown to their fulness,  
and most of them two foot and more in length, especially when they grow in any  
moist or good Ground: And the Stalk of the Leaf also from the bottom thereof to  
the Leaf it self, being also two foot: the breadth thereof from edge to edge in the  
broadest place, being also two foot; of a sad or dark green colour, of a fine tart  
or sourish taste, much more pleasant than the Garden or Wood-Sorrel. From a-  
mong these riseth up some but not every year, strong thick Stalks, not growing so  
high as the Patience, or Garden-Dock, with such round Leaves as grow below;  
but smaller at every Joynt up to the top, and among the Flowers which are white  
spreading forth into many Branches, and consisting of five or six small Leaves  
apiece, hardly to be discerned from the white threads in the middle, and seeming  
to be all threads, after which come brownish three square Seeds like unto other  
Docks, but larger, whereby it may be plainly known to be a Dock. The Root  
groweth in time to be very great with divers and sundry great spreading Bran-  
ches from it, of a dark brownish or reddish colour on the out-side, with a pale  
yellow Skin under it, which covereth the inner substance or Root, which Rind  
and Skin being pared away, the Root appears of so fresh and lively a colour; with  
fresh coloured Veins running through it, that the choicest of that Rhubarb that is  
brought us from beyond the Seas cannot excel it: which Root, if it be dried  
carefully, and as it ought (which must be in our Countrey by the gentle heat of  
a Fire, in regard the Sun is not hot enough here to do it, and every piece kept  
from touching one another) will hold his colour almost as well as when it is fresh;  
and hath been approved of and commended by those who have oftentimes used  
them.

[Place.] It groweth in Gardens, and flowreth about the beginning or  
middle of June, and the Seed is ripe in July.

[Time.] The Roots that are to be dried and kept all the year following,

are not to be taken up before the stalk and leaves be quite withered and gone, and that is not untill the middle or end of *October*; and if they be taken a little before the Leaves do spring, or when they are sprung up, the Roots will not have half so good a colour in them.

I have given the precedence unto this, because in Vertues also it hath the preheminance; I come now to describe unto you that which is called *Patience*, or *Monks Rhubarb*; and next unto that, the great round leav'd *Dock*, or *Bastard Rhubarb*; for the one of these may happily supply in the absence of the other, being not much unlike in their Vertues, only one more powerful and efficacious than the other. And lastly, shall shew you the Vertues of all the three sorts.

### Garden Patience, or Monks Rhubarb.

83 Descript.] **T**his is a *Dock* bearing the Name of *Rhubarb*, for some purging quality therein, and groweth up with large tall *Stalks*, set with somewhat broad and long fair green *Leaves*, not dented at all. The tops of the *Stalks* being divided into many small *Branches*, bear reddish or purplish *Flowers*, and three square Seed like unto other *Docks*. The *Root* is long, great and yellow like unto the wild *Docks*, but a little redder, and if it be a little dried, sheweth less store of discoloured *Veins* than the next doth when it is dry.

### Great round leav'd Dock, or Bastard Rhubarb.

84 Descript.] **T**his hath divers large, round, thin, yellowish green *Leaves* rising from the *Root*, a little waved about the edges, every one standing upon reasonable thick, and long brownish *Foot-stalk*, from among which riseth up a pretty big *Stalk*, about two foot high, with some such like *Leaves* growing thereon, but smaller. At the top whereof stand in a long spike many small brownish *Flowers*, which turn into a hard three-square shining brown *Seed*, like the *Garden Patience* before described. The *Root* groweth greater than that, with many branches of great *Fibres* thereat, yellow on the out-side, and somewhat pale; yellow within, with some discoloured *Veins* like to the *Rhubarb* which is first described, but much less than it, especially when it is dry.

Place and Time.] These also grow in *Gardens*, and flower and seed at or near the same time that our true *Rhubarb* doth, viz. they Flower in *June*, and the seed is ripe in *July*.

Government and Vertues.] *Mars* claims predominancy over all these wholsome Herbs: you cry out upon him for an Infortune, when God created him for your good (only he is angry with Fools.) What dishonour is this not to *Mars*, but to God himself? A dram of the dried *Root* of *Monks Rhubarb* with a scruple of *Ginger* made into

*Purge Choler and Flegm, stay Lasks and Bloody Flux, Scabs and Ulcerous Sores, running Sores.*

*Powder* and taken fasting in a draught or mess of warm *Broth*, purgeth *Choler* and *Flegm* downwards very gently and safely without danger. The seed thereof contrary doth bind the *Belly*, and helpeth to stay any sort of *Lask* or *Bloody*.

**Bloody-Flux.** The Distilled Water thereof is very profitably used to heal Scabs, as also foul Ulcerous sores, and to allay the Inflammation of them: The Juice of the Leaves or Roots, or the Decoction of them in Vinegar, is used as a most effectual Remedy to heal Scabs and running Sores.

The Bastard Rhubarb hath all the properties of the Monks Rhubarb, but more effectual for both inward and outward Diseases. The Decoction thereof with Vinegar dropped into the Ears, taketh away the Pains; gargled in the Mouth, taketh away the Tooth-ach, and being drunk, healeth the Jaundice. The Seed thereof taken, healeth the gnawing and griping Pains of the Stomach, and taketh away the loathing thereof unto Meats. The Root thereof helpeth the ruggedness of the Nails, and being boiled in Wine

*Pains of the Ears, Tooth-ach, Jaundice, Pain of the Stomach and loathing of Meats, Kings-Evil, Stone, Urin, Dim Sight, Liver and Blood.*

helpeth the swelling of the Throat, commonly called the Kings-Evil, as also the swellings of the Kernels of the Ears. It helpeth them that are troubled with the Stone: provoketh Urine, and helpeth the dimness of the Sight. The Roots of this Bastard Rhubarb are used in opening and purging Diet Drinks, with other things to open the Liver, and to cleanse and cool the Blood.

The properties of that which is called the English Rhubarb, are the same with the former, but much more effectual, and hath all the properties of the true Indian Rhubarbs, except the force in purging, wherein it is but of half the strength therefore, and thereof a double quantity must be used; it likewise hath not that bitterness and astringency; in other things it worketh almost in an equal quality,

which are these; It purgeth the Body of Choler and Flegm, being either taken of it self, made into Powder and drunk in a draught of White-wine, or steeped therein all night, and taken fasting, or put among other Purges, as shall be thought convenient, cleansing the Stomach, Liver, and Blood, opening Obstructions, and helping those Grievs that come thereof; as the Jaundice, Dropsie, swelling of the Spleen, Terrian and Day Agues, and pricking Pains of the Sides, and also it stayeth spitting of Blood. The Powder taken with *Cassia* dissolved, and a little washed *Venice Turpentine*, cleanseth the Reins, and strengtheneth them afterwards, and

*Choler and Flegm, Obstructions, Jaundice, Dropsie, Spleen, Agues Pains of the Sides, and Spitting of Blood, Running of the Reins, Swellings in the Head, Sciatica, Gout, Cramp, Clotted Blood, Ulcers in the Eyes, or Eye-lids, Swelling, and Inflammations, Black and blue Spots, purge the Liver and Stomach.*

is very effectual to stay the Running of the Reins or Gonorrhea. It is also given for the Pains and Swelling in the Head; for those that are troubled with Melancholy, and helpeth the Sciatica, the Gout and the Cramp. The Powder of the Rhubarb taken with a little *Mumia* and *Madder-Roots* in some red Wine, dissolveth clotted Blood in the Body, hapning by any Fall or Bruise, and healeth Burstings and broken parts, as well inward as

outward

outward. The Oyl likewise wherein it hath been boiled worketh the like effects, being anointed. It is used to heal those Ulcers that happen in the Eyes and Eye-lids, being steeped and strained; as also to assuage the Swellings and Inflammations; and applied with Honey, or boiled in Wine, it taketh away all black and blew spots or marks that happen therein; Where or White-wine are the best Liquors to steep it in, and thereby it worketh more effectually in opening Obstructions, and purging the Stomach and Liver. Many do use a little Indian Spicknard as the best Corrector thereof.

### Meadow-Rew.

Descript.] **M**eadow-Rew riseth up with a yellow stringy Root, much spreading in the Ground, shewing forth new Sprouts, round about with many herby green Stalks two foot high, crested all the length of them, with Joynts here and there, and many large Leaves on them above as well as below, being divided into smaller Leaves, nicked or dented in the fore-part of the leaf of a red green colour on the upper-side, and pale green underneath: Toward the top of the Stalk there shooteth forth divers short Branches; on every one whereof there stand two, three or four small Heads or Buttons, which breaking the Skin that incloseth them, sheweth forth a tuft of pale greenish yellow threads which falling away, there comes in their places small three corner'd Cods, wherein is contained small, long and round Seed. The whole Plant hath a strong unpleasant scent.

Place.] It groweth in many places of this Land, in the borders of moor Meadows, and Ditch-sides.

Time.] It flowreth about July or the beginning of August.

Government and Vertues.] *Dioscorides* saith, That this Herb bruised and applied, perfectly healeth old Sores, and the distilled Water of the Herb and Flowers doth the like. It is used by some among other Pot-herbs, to open the Body and make soluble, but the Roots washed clean, and boiled in Ale and drank, provoketh to the stool more than the Leaves, but yet very gently. The Root boiled in Water, and the places of the Body most troubled with Vermin and Lice washed therewith while it is warm, destroyeth them utterly. In *Italy* it is used against the Plague, and in *Saxony* against the Jaundice, as *Camerarius* saith.

### Garden-Rew.

85 **G**arden Rew is so well known both by this Name, and the Name *Herb of Grace*, that I shall not need to write any farther Description of it but shall only shew you the Vertue of it, as followeth:

Government and Vertues.] It is an Herb of the Sun and under Leo. It provoketh Urine and Womens Courfes, being taken either in Meator Drink. The Seed thereof taken in Wine, is an Antidote against all dangerous Medicines or deadly Poysons. The Leaves taken either by themselves, or with Figs and Walnuts, is called *Mithridates* his Counter-poyson.



Poyson against the Plague, and causeth all Ven-  
 erous things to become harmles: Being often  
 taken in Meat and Drink it abateth Venery, and  
 destroyeth the ability to get Children. A Dec-  
 oction made thereof with some dried Dill-Leaves  
 and Flowers, easeth all pains and torments, in-  
 wardly to be drunk, and outwardly to be appli-  
 ed warm to the place grieved. The same being  
 drunk, helpeth the Pains both of the Chest and  
 Sides, as also Coughs and hardness of Breathing,  
 the Inflammations of the Lungs, and the tor-  
 menting Pains of the Sciatica, and the Joynts  
 being anointed or laid to the places, as also the  
 shaking fits of Agues, to take a draught before  
 the fit come: Being boiled or infused in Oyl,  
 it is good to help the Wind-Cholick, the hard-  
 ness and Windiness of the Mother, and freeth  
 Women from the strangling or suffocation there-  
 of, if the Share, and the parts thereof be  
 anointed therewith; It killeth and driveth forth  
 the worms of the Belly, if it be drunk after it is  
 boiled in Wine to the half with a little Honey:  
 It helpeth the Gout or pains in the Joynts, Hands,  
 Feet or Knees, applied thereunto: and with Figs it  
 helpeth the Dropisie being bathed therewith: being  
 bruised and put to the Nostrils, it stayeth the  
 bleeding thereof, it helpeth the swelling of the  
 Cods if they be bathed with a Decoction of Rue  
 and Bay-leaves, It taketh away Wheals and Pim-  
 ples, if being bruised with a few Myrtle-Leaves,  
 it be made up with Wax and applied: It cureth the  
 Morpew and taketh away all sorts of Warts, if  
 boiled in Wine, with some Pepper and Nitre, and  
 the places rubbed therewith and with Alum and  
 Honey, helpeth the dry Scabs or any Tetter or  
 Ring-worm. The Juyce thereof warmed in a  
 Pomegranate-shell or rind, and dropped into the  
 Ears, helpeth the pains of them. The Juyce of it  
 and Fennel with a little Honey, and the Gall of a  
 Cock put thereto, helpeth the dimness of the Eye-  
 sight. An Oyntment made of the Juyce thereof  
 with Oyl of Roses, Cerufs, and a little Vinegar,  
 and anointed, cureth St. Anthony's fire, and all  
 running Sores in the Head: and the stinking Ul-  
 cers of the Nose or other parts. The Antidote used  
 by *Mitridates* every Morning fasting to secure  
 himself from any Poyson or Infection, was this:  
 take twenty Leaves of Rew, a little Salt, a couple  
 of Walnuts, and a couple of Figs beaten together  
 into a Mass with twenty Juniper-Berries, which  
 is the quantity appointed for every day. Another  
 Electuary is made thus: Take of Nitre, Pepper  
 and Cummin-seed, of each equal parts; of the  
 Leaves of Rue clean picked, as much in weight  
 as all the other three weighed; beat them well  
 together and put to as much Honey as will make  
 it up into an Electuary (but you must first keep  
 your Cummin-seed in Vinegar twenty four hours,  
 and then dry it, or rather roast it in a hot Fire-  
 shovel.

shovel, or in an Oven) and it is a Remedy for the pains or griefs in the Chest or Stomach ; of the Spleen, Belly or Sides, by Wind or Stitches ; of the Liver by Obstructions ; of the Reins and Bladder by the stopping

of Urine, and helpeth also to extenuate fat corpulent Bodies. What infamy is cast upon the ashes of *Mithridates* (or *Metbridates*, as the *Augustine* read his Name) by unworthy people ; they that deserve no good report themselves, love to give none to others, viz. That Renowned King of *Pontus* fortified his Body by Poyson against Poyson (*He cast out Devils by Belzebub Prince of the Devils.*) What a Sot is he that knows not if he had accustomed his Body to cold Poysons, hot Poysons would have dispatched him ; On the contrary, if not, Corrosions would have done it : the whole World is at this present time beholding to him for his Studies in Physick, and he that useth the quantity of but a Hazel Nut of that Receipt every morning, to which his Name is adjoyned, shall to admiration preserve his Body in health, if he do but consider that *Rew* is an Herb of the *Sun*, and under *Leo*, and gather it and the rest accordingly.

### Rupture-wort.

Descript.] **T**His spreadeth very many Threddy Branches round about upon the Ground, about a span long, divided into many other smaller parts full of small Foynts set very thick together, whereat come forth two very small Leaves of a French yellow, green colour Branches and all, where groweth forth also a number of exceeding small yellowish Flowers scarce to be discerned from the Stalks and Leaves, which turn into Seeds as small as the very dust. The Root is very long and small, thrusting down deep into the Ground. This hath neither smell nor taste at first, but afterwards hath a little astringent taste, without any manifest heat, yet a little bitter and sharp withall.

Place.] It groweth in dry, sandy and rocky places.

Time.] It is fresh and green all the Summer.

Government and Vertues.] They say *Saturn* causeth Ruptures : If he do, he doth no more than he can Cure : if you want Wit, he will teach you though to your cost : This Herb is *Saturn's* own, and is a notable Antivenerean. Rupture-wort hath not his Name in vain : for it is found by Experience to Cure the Rupture, not only in Children but also in Elder Persons, if the Disease be not too inveterate, by taking a Dram of the Powder of the dried Herb every day in Wine for certain days together. Or the Decoction made in Wine, and drunk. Or the Juyce of Distilled water of the green Herb, taken in the same manner ; and helpeth all other Fluxes either of Man or Woman, vomitings also, and the Gonorrhea or running of the Reins, being taken any of the ways aforesaid : It doth also most assuredly help those that have the Strangury ;

Fluxes, Running of the Reins, Strangury, Stone or Gravel, Stitches, Yellow Jaundice, Worms, Wounds, Defluxions, Foul Ulcers,

or have their Urine stopped, or are troubled with the Stone or Gravel in the Reins or Bladder : The same also much helpeth all Stitches in the Sides, all griping Pains in the Stomach or Belly, the Obstructions of the Liver, and cureth the yellow Jaundice ; likewise it killeth also the Worms in Children : being outwardly applyed it conglutinateth Wounds notably, and helpeth much to stay Defluxions of Rheum from the Head to the Eyes, Nose and Teeth, being bruised green and bound thereto : Or the Decoction of the dried Herb, to bath the Fore-head and Temples, or the Nape of the Neck behind : It also drieth up the moisture of Fistulous Ulcers, or any others that are foul and spreading.

### Rushes.

**A**lthough there are many kinds of *Rushes*, yet I shall only here insift upon those which are best known, and most Medicinal. As the Bul-rushes, and other of the soft and smooth kinds ; which grow so commonly in almost every part of this Land, and are so generally noted, that I suppose it needles to trouble you with any Description of them : Briefly then take the Vertues of them as followeth.

*Government and Vertues.*] The Seed of the soft *Rushes*, saith *Dioscorides* and *Galen*, toasted (saith *Pliny*) being drunk in Wine and Water, stayeth the Lask and Womens Courses when they come down too abundantly : but it causeth Head-ach : It provoketh Sleep likewise, but must be given with caution, The Root boiled in Water to the consumption of one third helpeth the Cough.

Thus you see that Conveniencies have their Inconveniencies, and Vertue is seldom unaccompanied with some Vices. What I have written concerning *Rushes*, is to satisfie my Country-mens Question, *Are our Rushes good for nothing* ? Yes, and as good let alone as taken : There are Remedies enough without them for any Disease, and therefore as the Proverb is I care not a *Rush* for them ; or rather, They will do you as much good as if one had given you a *Rush*.

### Rye.

**T**his is so well known in all the Countries of this Land, and especially to the Country-people who feed much thereon ; that if I did describe it, they would presently say, I might well have spared that labour. Its Vertues follow.

*Government and Vertues.*] Rye is more digesting than Wheat : the Bread and the Leaven thereof ripeneth and breaketh Imposthumes, Boyls, and other swellings : The Meal of Rye put between a double Cloth, and moistned with a little Vinegar, and heated in a Pewter-Dish, set over a Chafing-dish of coals, and bound fast to the Head while it is hot, doth much ease the continual Pains of the Head. *Marthiolus* saith, That the Ashes of Rye-straw put into Water, and suffered therein a day and a night, and the Chaps of Hands or Feet washed therewith, doth heal them.

*Imposthumes, Boyls and Swellings, pains of the Head, Chaps of the Hands or Feet.*

Saffron

## Saffron.

**T**HE Herb needs no Description, it being known generally where it grows. Place.] It grows frequently at *Walden* in *Essex* and in *Cambridgeshire*. Government and Vertues.] It is an Herb of the *Sun*, and under the *Lion*, and

*Heart strengtheneth, Brain  
Consumption of the Lungs,  
Pestilence, Small Pox,  
Measles, Yellow Jaundice,  
Flegm purgeth.*

therefore you need not demand a reason why it strengthens the heart so exceedingly. Let not above ten grains be given at one time; for if the Sun which is the fountain of light, may dazzle the Eyes, and make them blind, a Cordial being taken in an immoderate quantity, may hurt the Heart instead of helping it. It quickeneth the Brain, for the Sun is exalted in *Aries* as well as he hath his House in *Leo*, it helps Consumption of the Lungs helps difficulty of Breathing. It is an excellent thing in Epidemical Diseases, as Pestilence, Small Pox, and Measles. It is a notable expulsive Medicine, and a notable Remedy for the Yellow Jaundice. My opinion is (but I have no author for it) that *Hermodactyls* are nothing else but the Roots of Saffron dried; and my Reason is, That the Roots of all *Crocus* both white and yellow, purge Flegm as *Hermodactyls* do; and if you please to dry the Roots of any *Crocus*, neither your Eyes nor your taste shall distinguish them from *Hermodactyls*.

## Sage.

86 **O**UR ordinary Garden Sage needeth no Description. Time.] It flowreth in or about *July*.

Government and Vertues.] *Jupiter* claims this, and bids me tell you it is good for the Liver, and to breed Blood. A Decoction of the Leaves and

*Provoke Urine, Womens  
Courses, Expels the dead  
Child and After-birth,  
Heal and Joynts, stench  
Bleeding, cleanse Ulcers  
and Sores, Itching of the  
Cods, help Conception,  
and hinder Miscarriage,  
Spitting Blood, Consump-  
tion, Pains of the Falling-  
sickness, Lethargy, dulness  
of Spirit, Palsie, Defluxi-  
ons of Rheum, Imposthume  
behind the Ears, Hoarseness,  
and Cough, Bloody-Flux,  
biting of Serpents, Worms*

Branches of Sage made and drunk, saith *Dioscorides*, provoketh Urin bringeth down Womens courses, helps to expel the dead Child, and causeth the Hairs to become black. It stayeth the bleeding of Wounds, and cleanseth foul Ulcers or Sores. The said Decoction made in Wine, taketh away the Itching of the Cods, if they be bathed therewith. *Agrippa* saith, that if Women that cannot conceive by reason of the moist flipperiness of their Wombs, shall take a quantity of the Juyce of Sage with a little Salt for four days before they company with their Husbands, it will keep them not only to conceive, but also to retain the Birth without Miscarrying. *Orpheus* saith. Three Spoonfuls of the Juyce of Sage taken fasting with a little Honey doth presently stay the spitting or casting up of Blood of them

that



that are in a Consumption: these Pills are much commended: Take of Spicknard, Ginger, of each two drams: of the seed of Sage toasted at the fire eight drams, of Longer Pepper 12 drams: all these being brought into fine Powder, put thereto so much Juyce of Sage as may make them into a Mass for Pills; taking a dram of them every Morning fasting, and so likewise at night, drinking a little pure Water after them. *Matthiolus* saith. It is very profitable for all manner of pains of the head coming of cold and Rheumatick Humors, as also for all pains of the Joynts, whether inwardly or outwardly, and therefore helpeth the Falling-sickness, the Lethargy, such as are dull and heavy of Spirit, the Palsie, is of so much use in all Defluxions of Rheum from the head, and for the Diseases of the Chest or Breast. The Leaves of Sage and Nettles bruised together, and laid upon the Imposthume that riseth behind the Ears, doth assuage it much: The Juyce of Sage taken in warm Water, helpeth a hoarsness and the Cough. The Leaves sodden in Wine, and laid upon the place affected with the Palsie, helpeth much, if the Decoction be drunk, also Sage taken with Wormwood is good for the bloody-flux: *Pliny* saith, It procureth Womens Courses, and stayeth them coming down too fast, helpeth the stinging and biting of Serpents, and killeth the Worms that breed in the Ears and in Sores. Sage is of excellent use to help the Memory, warming and quickning the Senses: and the Conserve made of the Flowers, is used to the same purpose, and also for all the former recited Diseases. The Juyce of Sage drunk with Vinegar hath been of good use in time of the Plague at all times. Gargles likewise are made with Sage, Rosemary, Honey-suckles, and Plantane boiled in Wine or Water, with some Honey or Allum put thereto to wash sore Mouths and Throats, Cankers, or the Secret Parts of Man or Woman as need requireth. And with other hot and comfortable Herbs. Sage is boiled to bathe the Body and Legs in the Summer-time, especially to warm cold Joynts or Sinews, troubled with the Palsie or Cramp, and to comfort or strengthen the parts. It is much commended against the Stitch or pains in the Side, coming of Wind, if the place be fomented warm with the Decoction thereof in Wine, and the Herb also after boiling, be laid warm also thereunto.

### Wood-Sage.

Descript. **W**ood-Sage riseth up with square hoary Stalks two foot high at the least, with two Leaves set at every Foynt, somewhat like other Sage-leaves, but smaller, softer, whiter and rounder: and a little dented about the edges, and smelling somewhat stronger: At the tops of the Stalks and Branches stand the Flowers on a slender like spike turning themselves all one way when they blow, and are of a pale and whitish colour, smaller than Sage, but hooded and gaping like unto them. The Seed is blackish and round; four usually seem in a Husk together: The Root is long and stringy, with divers Fibres thereat and abideth many years.

Place.]

*Place.*] It groweth in Woods, and by Wood-sides, as also in divers Fields and by-Lanes in the Land.

*Time.*] It flowreth in June, July and August.

*Government and Vertues.*] The Herb is under Venus. The Decoction

*Provokes Urine and Womens Courses, Sweat, Swellings in the flesh, French Pox, Vein broken, Bursnes, Palsie, Ulcers, and Sores, green Wounds.*

the Wood-Sage provoketh Urin and Womens Courses : it also provoketh Sweat, digesteth Humors and discusseth Swellings and Nodes in the Flesh, and is therefore thought to be good against the French Pox. The Decoction of the green Herb made with Wine, is a safe and sure Remedy for those who by Falls, Bruises or Blowes doubt some Vein to be inwardly broken, to disperse and avoid the congealed Blood, and to consolidate the Veins : It is also good for such as are inwardly or outwardly Bursten, the Drink used inwardly, and the Herb used outwardly : The same used in the same manner is found to be a sure Remedy for the Palsie : The Juycy of the Herb or the Powdet thereof dried, is good for moist Ulcers and Sores in the Legs or other parts to dry them, and cause to heal more speedily : It is no less effectual also in green Wounds to be used upon any occasion.

### Solomon's Seal.

*Descript.*] **T**HE common Solomon's Seal riseth up with a round Stalk, about half a yard high, bowing or bending down to the Ground, with single Leaves one above another, somewhat large and like the Leaves of the Lilly-Convally, or May-Lilly, with an eye of blewish upon the green, with some Ribs therein, and more yellowish underneath. At the foot of every Leaf almost from the bottom up to the top of the Stalk come forth small, long, white and below pendulous Flowers, somewhat like the Flowers of May-Lilly, but ending five long Points, for the most part two together at the end of a long Foot-stalk, sometimes but one, and sometimes also two Stalks with Flowers at the foot of the Leaf, which are without any scent at all, and stand all on one side of the Stalk after they are past, come in their places small round Berries, green at the first, a blackish green tending to blewness when they are ripe, wherein lie small, white hard and stony Seed : The Root is of a thickness of ones finger, or thumb, white and knobbed in some places, a flat round circle representing a Seal, whereof it took the name lying along under the upper Crust of the Earth, and not growing downward, but with many Fibres underneath.

*Place.*] It is frequent in divers places of this Land, as namely in a Wood two Miles from Canterbury, by Fish-pool Hill; as also in a Bush Close belonging to the Parsonage of Alderbury near Clarendon, two Miles from Salisbury, in Chesson Wood, on Chesson Hill, between Newington and Sittingburn in Kent, and in divers other places in Essex, and other Counties.

*Time.*] It flowreth about May; The Root abideth and shooteth anew every year.

*Government and Vertues.*] Saturn owns the Plant, for he loves his Bones well. The Root of Solomons Seal is found by experience to be available in VVounds, Hurts, and outward Sores, to heal and close up the Lips of those that are green, and to dry up and restrain the flux of Humors to those that are old: it is singular good to stay Vomitings and Bleedings wheresoever, as also all Fluxes in Man or Woman, whether VVhites or Reds in VVomen, or the Running of the Reins in Man; also to knit any joynt, which by weakness useth to be loosed out of place, or will not stay in long when it is set: also to knit and join broken Bones in any part of the Body, the Roots being bruised and applied to the place, yea it hath been found by late experience, that the Decoction of the Root in VVine, or the bruised Root put in VVine or other Drink, and after a nights infusion strained forth hard and drunk hath helpen both Man and Beast whose Bones have been broken by any occasion, which is the most assured refuge of help to people of divers Countries of the Land, that they can have: it is no less effectual to help Ruptures and Burstings, the Decoction in VVine, or the Powder in Broth or Drink being inwardly taken and outwardly applied to the Place: The same is also available for inward or outward Bruises, Falls or Blows, both to dispel the congealed Blood, and to take away both the pains and the black and blue Marks that abide after the Hurt. The same also or the distilled VVater of the whole Plant used to the Face or other part of the skin cleanseth it from Morpew, Freckles, Spots, or Marks whatsoever, leaving the place fresh, fair and lovely, for which purpose it is much used by the Italian Dames.

Sampire.

*Descript.*] Rock Sampire groweth up with a tender green stalk, about half a yard or two foot high at the most, branching forth almost from the very bottom, and stored with sundry thick, and almost round, somewhat long leaves, of a deep green colour, sometimes together, and sometimes more on a stalk, and are sappy, and of a pleasant hot or spicy taste: at the tops of the stalk and branches stand umbles of white flowers, and after them comes large seed bigger than Fennel-seed, yet somewhat alike. The Root is great, white and long, continuing many years, and is of an hot spicy taste likewise.

*Place.*] It groweth on the Rocks that are often moistned, at the least, if not over-flown with the Sea-water.

*Time.*] And it flowreth and seedeth in the end of July and August.

*Government and Vertues.*] It is an Herb of Jupiter, and was in former times wont to be used more than now it is, the more is the pity; it is well known almost to every Body. That ill Digestion and Obstructions are the Causes of most of the Diseases which the frail Nature of Man is subject to, both which

Help Digestion, Opens Obstructions, Provokes Urin, Expels Gravel and the Stone.

might

might be remedied by a more frequent use of this Herb. If people would have Sawce to their Meat, they may take some for profit as well as pleasure. It is a safe Herb very pleasant both to the Taste and Stomach, helping Digestion, and in some sort opening the Obstructions of the Liver and Spleen, provoketh Urine, and helping thereby to wash away Gravel and Stone ingendred in the Kidneys or Bladder.

### Sanicle.

Descript.] **O**Rdinary Sanicle sendeth forth many great round Leaves standing upon long brownish Stalks, every one somewhat deeply or divided into five or six parts, and some of those also cut in, somewhat like a Leaf of Crows-foot or Doves-foot, and finely dented about the edges, smooth, of a dark green shining colour, and sometimes reddish about the brims, from among which rise up small, round green Stalks, without any Joynt or Leaf thereon, saving at the top, where it brancheth forth into Flowers, having a Leaf divided into three or four parts at that Joynt with the Flowers, which are small and white, starting out of small round greenish yellow Heads, many standing together in a Tuft, in which afterward are the Seed contained which are small round Burs, somewhat like the Leaves of Cleavers, and stick in the same manner upon any thing that they touch. The Root is composed of many black Strings, Fibres set together, at a little long Head, which abideth with the green Leaves all the Winter, and perish not.

Place.] It is found in many shadowy Woods, and other places of the Land.

Time.] It flowreth in June, and the Seed is ripe shortly after.

Government and Vertues.] This is one of Venus her Herbs to Cure either Wounds, or what other mischief Mars inflicted upon the Body of Man. It is exceeding good to heal all green Wounds speedily, or any Ulcers, Inflammations, posthumes, or Bleedings inwardly. It doth wonderfully help those that have any Tumors in any part of their Bodies; for it represseth and dissipateth the Humors, if the Decoction or Juyce thereof be taken, or the Powder in Drink, and the Juyce used outwardly; for there is not found any Herb that can give you such present help either to Man or Beast when the Disease falleth upon the Lungs or Throat, and to heal up all the putrid malignant Ulcers in the Mouth, Throat and Privities, by gargling or washing with the Decoction of the Leaves and Root, made in Water, and a little Honey put thereto. It helpeth to stay Womens Courses, and all other Fluxes of Blood, either by the Mouth, Urine or Stool, and Lasks of the Belly, the Ulceration of the Kidneys also, and the Pains in the Bowels and Gonorrhæa or Running of the Reins, being boiled in Wine or Water and drunk: The same also is no less powerful to help any Ruptures or Burstings, used both inwardly and outwardly: and briefly, it is effectu-

Green Wounds, Ulcers, Imposthumes, inward Bleedings, Swelling, Ulcers in the Mouth, Throat and Privities, Womens Courses, Fluxes of Blood, Lasks, Ulcers in the Kidneys, Running of the Reins, Rupture.



If people would  
as well as for  
e and Stomach  
ons of the Li  
wash away the

in binding, restraining, consolidating, heating, drying and healing as  
Comfry, Bugle, Self-heal, or any other of the Confounders or Vulnerary  
Herbs whatsoever.

Sarasens Confound, or Sarasens Wound-wort.

Descript.] **T**his groweth very high sometimes with brownish Stalks, and other  
whiles with green and hollow to a Mans height, having many  
long and narrow green Leaves snip'd about the edges, somewhat like those of the  
Peach-Tree, or Willow-Leaves, but not of such a white green colour: The tops  
of the Stalks are furnished with many pale yellow Star-like Flowers standing in  
green Heads, which when they are fallen, and the Seed ripe, which is somewhat  
long, small and of a yellowish brown colour wrapped in Down, is therewith car-  
ried away with the wind: The Root is composed of many Strings or Fibres, set  
together at a Head, which perisheth not in Winter, but abideth although the Stalks  
dry away and no Leaf appeareth in the Winter. The taste hereof is strong and un-  
pleasant, and so is the smell also.

Place.] It groweth in moist and wet Grounds. by Wood-sides, and  
sometimes in the moist places of the shady Groves, as also by the Water-  
side.

Time.] It flowreth in July, and the Seed is soon ripe and carried away  
with the Wind.

Government and Vertues.] Saturn owns the Herb, and 'tis of a sober condi-  
tion like him. Among the Germans, this VVound-Herb is preferred before  
all other of the same quality. Being boiled in VVine and drunk, it helpeth  
the indisposition of the Liver, and freeth the  
Gall from Obstructions, whereby it is good for  
the Yellow Jaundice, and for the Dropfie in the  
beginning of it, for all inward Ulcers of the  
Reins, or elsewhere. and inward VVounds and  
Bruises: And being steeped in VVine and then  
distilled, the water thereof drunk is singular good  
to ease all Gnawings in the Stomach or other  
Pains of the Body, as also the Pains of the Mo-  
ther: And being boiled in VVater it helpeth  
continual Agues; and this said VVater or the  
simple VVater of the Herb distilled or the Juyce or Decoction are very ef-  
fectual to heal any green VVound, or old Sore or Ulcer whatsoever, clean-  
sing them from Corruption, and quickly healing them up: It is no less  
effectual for the Ulcers in the Mouth or Throat, be they never so foul or  
stinking by washing and gargling them therewith; and likewise for such  
Sores as happen in the Privy Parts of Man or VVoman; briefly whatsoever  
hath been said of Bugle or Sanicles may be found herein.

Obstructions, Yellow Jaun-  
dice, Dropfie, Ulcers of the  
Reins, inward Wounds and  
Bruises, Pains in the Body,  
Mother, Agues, green  
Wounds, Old Sores or Ul-  
cers, Ulcers in the Mouth  
or Throat, Sores in the  
Privy Parts.

## Sawce alone, or Jack by the Hedge-side.

Descript.] **T**HE lower Leaves of this are rounder than those that grow towards the tops of the Stalks, and are set singly on a Foyn, being somewhat round and broad, and pointed at the ends, dented also about the edges, somewhat resembling Nettle-leaves for the form, but of a fresher green colour, and not rough or pricking: The flowers are very small and white, growing at the topsof the Stalks one above another, which being past, there follow small and longround Pods, wherein are contained small round Seed somewhat blackish. The Root is stringy and threddy, perishing every year after it hath given Seed, and raiseth it self again of its own sowing. The Plant, or any part thereof being bruised, smelleth of Garlick, but more pleasantly, and tasteth somewhat hot and sharp, almost like unto Rocket.

Place.] It groweth under VValls, and by Hedge-sides, and Path-ways in Fields in many places.

Time.] It flowereth in June, July and August.

Government and Vertues.] It is an Herb of Mercury. This is eaten by many Country-people as Sawce to their salt Fish, and helpeth well to digest the Crudities and other corrupt Humours ingendred thereby; it warmeth also the Stomach, and causeth Digestion: The Juyce thereof boiled with Honey, is accounted to be as good as Hedge-Mustard for the Cough, to cut and expectorate the tough Flegm. The Seed bruised and boiled in VVine, is a singular good Remedy for the VVind-Cholick, or the Stone being drunk warm: It is also given to VVomen troubled with the Mother both to drink, and the Seed put into a Cloth and applied while it is warm, is of singular good use. The Leaves also or Seed boiled, is good to be used in Clysters to ease the pains of the Stone. The green Leaves are held to be good to heal the Ulcers in the Legs.

## Winter and Summer-Savoy.

87 **B**Oth these are so well known. (being entertained as constant Inhabitants in our Gardens) that they need no Description.

Government and Vertues.] Mercury claims the Dominion over this Herb neither is there a better Remedy against the Colick and Iliack Passions than this Herb; keep it dry by you all the year if you love your selves and your ease, as 'tis a hundred pound to a penny if you do not: keep it dry, make Conserves and Syrups of it for your use; and withal, take notice that the Summer kind is the best. They are both of them hot and dry, especially the Summer kind, which is both sharp and quick in taste, expelling VVind in the Stomach and Bowels, and is a present help

Colick, Iliack, Passion, Expelleth Wind, Mother, provokes Urin and Womens Courses, Tough Flegm, Lethargy, Dull Sight, Singing in the Ears and Deafness, Sciatica, and Palsie, Stringing of Bees, &c.

help for the rising of the Mother procured by wind, provoketh Urine and Womens Courses, and is much commended for Women with Child to take inwardly, and to smell often unto: It cureth tough Flegm in the Chest and Lungs, and helpeth to expectorate it the more easily: quickneth the dull Spirits in the Lethargy, the Juyce thereof being snuffed, or cast up into the Nostrils: The Juyce dropped into the Eyes, cleareth a dull Sight, if it proceed of thin cold Humors distilling from the Brain. The Juyce heated with Oyl of Roses, and dropped into the Ears, caseth them of the Noise and Singing in them, and of deafness also: outwardly applied with Wheat-flower in manner of a Pultis, it giveth ease to the Sciatica and Palsied Members, heating and warming them: and taketh away their Pains. It also taketh away the Pain that comes of Stinging by Bees, Wasps, &c.

Savin.

**T**O describe a Plant so well known is needless, it being nursed up almost in every Garden, and abiding green all the Winter.

*Government and Verrues*] It is under the Dominion of Mars, being hot and dry in the third degree, and being of exceeding clean parts, is of a very digesting quality. If you dry the Herb into Powder, and mix it with Honey, it is an excellent Remedy to cleanse old filthy Ulcers and Fistulae: but it hinders them from healing. The same is excellent good to break Carbuncles and Plague sores; also helpeth the Kings-Evil, being applied to the place: being spread upon a piece of Leather, and applied to the Navel, kills the Worms in the Belly; helps Scabs and the Itch, running Sores, Cankers, Tetters, and Ring-worms; and being applied to the place, may happily Cure Venereal Sores. This I thought good to speak of, as it may be safely used outwardly: for inwardly it cannot be taken, without manifest danger.

*Ulcers cleanseth, Fistulae, Carbuncles, Plague-Sores, Kings-Evil, Worms, Scabs, Itch, Running Sores, Cankers, Tetters, Ring-worms, Venereal Sores,*

### The common white Saxifrage.

*Descript.*] **T**His hath a few small reddish Kernels of Roots, covered with some Skins lying among divers small blackish Fibres, which send forth divers round, faint, or yellow green Leaves, and grayish underneath, lying above the Ground unevenly dented about the edges, and somewhat hairy, every one upon a little Foot-stalk; from whence riseth up a round, brownish hairy green stalk, two or three foot high, with a few such like round Leaves as grow below, but smaller and somewhat branched at the top, whereon stand pretty large white Flowers of five Leaves a piece, with some yellow threds in the Middle, standing in a long crested brownish green Husk: after the Flowers are past, there ariseth sometimes a round hard Head, forked at the top, wherein is contained small blackish Seed, but usually they fall away without any Seed: and it is the Kernels or Grains of the Root which are usually called the white Saxifrage-seed, and so used.

*Place.*] It groweth in many places of our Land, as well in the lower moist

moist, as in the upper dry corners of Meadows, and grassie sandy places. It used to grow near *Lamb's Conduit* on the back-side of *Grays-Inn*.

*Time.*] It flowreth in *May*, and is then gathered as well for that which is called the Seed, as to distil, for it quickly perissheth down to the Ground when any hot weather comes.

*Government and Vertues.*] It is very effectual to cleanse the Reins and Bladder, and to dissolve the Stone ingendred in them, and to expel it and the Gravel by Urine, to provoke Urine being stopped, and to help the Strangury; for which purposes the Decoction of the Herbs or Roots in White Wine, or the Powder of the small kernelly Root, which is called the

Seed, taken in VWhite-wine, or in the same Decoction made with White-wine, is most usual. The distilled Water of the whole Herb, Root and Flowers, is most familiar to be taken. It provoketh also Womens Courses, and freeth and cleanseth the Stomach and Lungs from thick and tough Flegm that troubles them. There are not many better Medicines to break the Stone than this.

### Burnet Saxifrage.

*Descript.*] **T**HE greater sort of our English Burnet Saxifrage groweth up with divers long stalks of winged Leaves set directly opposite one to another on both sides, each being somewhat broad, and a little pointed and dented about the edges, of a sad green colour. At the tops of the Stalks stand Umbles of white Flowers, after which comes small and blackish Seed. The Root is long and whitish, abiding long. Our lesser Burnet Saxifrage hath much finer Leaves than the former, and very small, and set one against another, deeply jagged about the edges, and of the same colour as the former. The Umbles of Flowers are white, and the Seed very small, and so is the Root, being also somewhat hot and quick in taste.

*Place.*] These grow in most Meadows of this Land, and are easie to be found, being well sought for among the Grass, wherein many times they lie hid scarcely to be discerned.

*Time.*] They flower about *July*, and their Seed is ripe in *August*.

*Government and Vertues.*] They are both of them Herbs of the *Moon*.

*Provoke Urin, ease Wind and Colick, Mother, Womens Courses, Stone, tough Flegm, Venome, Cramps and Convulsions, Wound in the Head, Freckles and Spots.*

These Saxifrages are as hot as Pepper; and *Tragus* saith, by his Experience. That they are wholsome. They have the same properties that the Parsleys have, but in provoking Urine, and easing the pains hereof, or of the VVind and Cholick, are much more effectual. The Roots or seed being used either in Powder, or in Decoction, or any other way; and likewise helpeth the windy pains of the Mother, and to procure

their Courses, and to break and avoid the Stone in the Kidneys, to digest cold, viscus and tough Flegm in the Stomach, and is an especial Remedy against all kind of Venome. Castoreum being boiled in the distilled VVa-  
ter



er hereof, is singular good to be given to those that are troubled with Cramps and Convulsions, some do use to make the Seed into Comfits (as they do Caraway-seed) which is effectual to all the purposes aforesaid. The Juyce of the Herb dropped into the most grievous VVounds of the Head, drieth up their moisture, and healeth them quickly. Some VVomen use the distilled water to take away Freckles or Spots in the Skin or Face; & to drink the same sweetned with Sugar for all the purposes aforesaid.

Scabious, three sorts.

Descript.] **C**ommon Field Scabious groweth up with many hairy, soft, whitish green leaves, some whereof are but very little, if at all, jagged on the edges, others very much rent and torn on the sides, and have threds in them, which upon the breaking may be plainly seen: from among which raise up divers hairy green stalks three or four foot high, with such like hairy green leaves on them, but more deeply and finely divided; branched forth a little: At the tops thereof, which are naked and bare of leaves for a good space, stand round heads of flowers of a pale blewish colour, set together in a head, the uttermost whereof are larger then the inward, with many threds also in the middle, somewhat flat at the top, as the head with seed is likewise: the Root is great, white and thick, growing down deep in the ground, and abideth many years.

There is another sort of Field Scabious different in nothing from the former but only it is smaller, in all respects.

The Corn Scabious, different little from the first, but that it is greater in all respects, and the flowers more declining to purple: And the Root creepeth under the upper crust of the Earth, and runneth not deep in the ground as the first doth.

Place.] The first groweth most usually in Meadows, especially about London every where.

The second in some of the dry Fields about this City, but not so plentifully as the former.

The third in standing Corn, or Fallow-fields, and the borders of such like Fields.

Time.] They flower in June and July, and some abide flowering until it be late in August, and the Seed is ripe in the mean time.

There are many other sorts of Scabious, but I take these which I have here described to be most familiar with us: The Vertues both of these and the rest being much alike, take them as followeth.

Government and Vertues.] Mercury owns the Plant. Scabious is very effectual for all sorts of Coughs, shortness of Breath, and all other Diseases of the Breast and Lungs, ripening and digesting, cold Flegm, and other tough humors, voiding them forth by coughing and spitting: it ripeneth also all sorts of inward Ulcers and Imposthumes, Pleurisie also, if the decoction of the Herb dry or green be made in VVine and drunk for some time together: four ounces of the cla-

Cough and shortness of Breath, Cold, Flegm, Inward Ulcers and Imposthumes, Pleurisie, Infection, Carbuncles or Plague-sores, Pains or Stitches in the Side, Scabs, Tetter, Ringworms, Itch, inward Wounds, cold Swellings,

shrunke Sinews, Freckles  
and Pimples, Morpew,  
and Leprosie, Dandriff  
and Scurf, Green Wounds,  
old Sores and Ulcers,  
Thorns and broken Bones,  
&c.

rified Juyce of *Scabious* taken in the Morning  
fasting with a dram of Mithridate, or Venice  
Treacle, freeth the Heart from any Infection of  
Pestilence, if after the taking of it, the party  
sweat two hours in Bed, and his Medicine be again  
and again repeated, if need require. The green  
Herb bruised and applied to any Carbuncle or  
Plague-sore, is found by certain Experience to

dissolve and break it in three hours space. The same Decoction also drunk  
helpeth the Pains and Stitches in the Sides. The Decoction of the Root  
taken for forty days together, or a dram of the Powder of them taken at  
time in Whey, doth (as *Marthiolus* saith) wonderfully help those that are  
troubled with running or spreading Scabs, Tetters, Ring-worms; yet  
though they proceed from the French-Pox, which he saith he hath tried  
by Experience. The Juyce or Decoction drunk, helpeth also Scabs and  
Breakings out of the Itch, and the like. The Juyce also made up into an  
Oyntment and used, is effectual for the same purpose. The same also  
helpeth all inward Wounds by the drying, cleansing and healing quality  
therein. And a Syrup made of the Juyce and Sugar, is very effectual to  
all the purposes aforesaid, and so is the distilled Water of the Herb and  
Flowers made in due season; especially to be used when the green Herb  
is not in force to be taken. The Decoction of the Herb and Roots  
outwardly applied, doth wonderfully help all sorts of hard or cold  
Swellings in any part of the Body, and is as effectual for any shrunke Sinews  
or Vein. The Juyce of *Scabious* made up with the Powder of Borax and  
Camphire, cleanseth the skin of the Face or other parts of the Body, not  
only from Freckles and Pimples, but also from Morpew and Leprosie.  
The Head washed with the same Decoction, cleanseth it from Dandriff,  
Scurf, Sores, Itch and the like, being used warm. Tents also dipped in the  
Juyce or Water thereof, not only healeth all green Wounds, but old Sores,  
and Ulcers also. The Herb also bruised and applied, doth in short time  
loosen, and cause to be drawn forth any Splinter, broken Bone, Arrow-head  
or other such like thing lying in the Flesh.

### Scurvy-grass.

88 Descript. OUR ordinary English Scurvy-grass hath many thick fat Leaves  
more long than broad, and sometimes longer and narrower, some-  
times also smooth on the edges, and sometimes a little veaved, sometimes plain,  
smooth and pointed, sometimes a little hollow in the middle, and round pointed,  
of a sad green, and sometimes a blewish colour, every one standing by it self  
upon a long Foot-stalk, which is brownish or greenish also; from among which  
rise many slender Stalks, bearing few Leaves thereon like the other, but longer  
and lesser for the most part. At the tops whereof grow many whitish Flowers  
with yellow threds in the middle, standing about a green Head which becometh  
the Seed vessel, which will be somewhat flat when it is ripe, wherein is contained  
reddish Seed tasting somewhat hot. The Root is made of many white Strings  
which

which stick deeply in the mud, wherein it chiefly delights : yet it will well abide in the more upland and drier Grounds, and tasteth a little Brackish or Salt, even there, but not so much as where it bath the Salt Water to feed upon. Place.] It groweth all along the Thames-side, both on the Essex and Kentish shores, from Woolwich round about the Sea Coasts to Dover, Portsmouth, and even to Bristol, where it is had in plenty : the other with round Leaves groweth in the Marshes in Holland in Lincolnshire, and other places of Lincolnshire by the Sea-side.

Descript. There is also another sort called Dutch Scurvy-grass, which is most known and frequent in Gardens, which hath divers fresh, green and almost round Leaves rising from the Root, nothing so thick as the former : yet in some rich ground very large, even twice so big as in others, not dented about the edges, or hollow in the middle, every one standing on a long foot-stalk : from among these rise up divers long, slender, weak-stalks, higher than the former, and with more white flowers at the tops of them, which turn into smaller pods, and smaller brownish seed than the former. The Root is white, small and threddy. The taste of this is nothing salt at all, but hath an hot aromatical spicie taste.

Time.] It flowreth in April and May, and giveth seed ripe quickly after. Government and Vertues.] It is an Herb of Jupiter. The English Scurvy-grass is more used for the salt taste it beareth, which doth somewhat open and cleanse : but the Dutch Scurvy-grass is of better effect and chiefly used (if it may be had) by those that have the Scurvy, especially to purge and cleanse the Blood, the Liver and the Spleen, for all which Diseases it is of singular good effect, by taking the Juyce in the Spring every Morning fasting in a cup of drink. The Decoction is good for the same purpose, and the herb tunned up in new drink, either by it self, or with other things : for it openeth Obstructions, evacuateth cold, clammy and flegmatick humors both from the Liver and the Spleen, wasting and consuming both the swelling and hardness thereof, and thereby bringing to the Body a more lively colour. The Juyce also helpeth all foul Ulcers and Sores in the Mouth, if it be often gargled therewith : and used outwardly, cleanseth the skin from Spots, Marks or Scars that happen therein.

Scurvy, Liver and Spleen, Flegmatick Humors, foul Ulcers, and Sore Mouths, Spots and Scars in the Skin.

### Self-heal.

It is called also Prunel, Carpenters Herb, Hook-Heal and Sickle-wort.

Descript.] THE common Self-heal is a small, low, creeping Herb, having many small roundish pointed Leaves, somewhat like the Leaves of wild Mints, of a dark green colour, without any dents on the edges : from among which rise divers square hairy stalks, scarce a foot high, which spread sometimes into Branches, with divers small Leaves set thereon, up to the tops, where stand brown spiked heads, of many small brownish Leaves like scales and flowers set together

gether, almost like the Head of *Cassidony*, which Flowers are gaping, and of a blewish purple, or more pale blew, in some places sweet, but not so in others. The Root consists of many strings or Fibres downward, and spreadeth strings also whereby it increaseth. The small stalks with the Leaves creeping upon the ground, shoot forth Fibres taking hold on the ground, whereby it is made a great trust in a short time.

*Place.*] It is found in Woods and Fields every where.

*Time.*] It flowreth in *May*, and sometimes in *April*.

*Government and Vertues.*] Here is another Herb of *Venus Self-heal*, where, by when you are hurt, you may heal your self; 'tis a special Herb for inward and outward Wounds, Take it inwardly in Syrups for inward Wounds; outwardly in Unguents and Plaisters for outward. As *Self-heal* is like Bugle in form, so also in the Qualities and Vertues, serving for all the purposes whereto Bugle is applied with good

*Inward Wounds and Ulcers, Bruises, Flux of Blood, foul Sores, green Wounds, Head-ach, sores in the Mouth or Throat, and secret parts.*

success either inwardly or outwardly, for inward Wounds or Ulcers, wherefoever within the Body, for bruises or falls, and such like hurts. If it be accompanied with Bugle, Sanicle and other the like Wounds Herbs it will be more effectual, and to wash or inject into Ulcers in the parts outwardly where there is cause to repress the

heat and sharpness of humors, flowing to any sore Ulcers, Inflammations, Swellings, or the like: or to stay the Flux of Blood in any Wound or part: this is used with good success; as also to cleanse the foulness of Sores, and cause them more speedily to be healed. It is an especial Remedy for all green Wounds to sodder the Lips of them, and to keep the place from any further inconveniences. The Juyce hereof used with Oyl of Roses to anoint the Temples and Forehead is very effectual to remove the Head-ach, and the same mixed with Honey of Roses, cleanseth and healeth all Ulcers in the Mouth and Throat and those also in the secret parts. And the Proverb of the Germans, French and others, is verified in this, *That he needeth neither Physitian nor Chirurgeon that bath Self-heal and Sanicle to help himself.*

### The Service-Tree.

**I**T is so well known in the place where it grows, that it needeth no Description.

*Time.*] It flowreth before the end of *May*, and the Fruit is ripe in *October*.

*Government and Vertue.*] *Services* when they are mellow, are fit to be taken to stay Fluxes, couring, and Casting,

*Fluxes, Scourings, and Castings, Bleeding at Wounds, or at Mouth and Nose.*

yet less than Medlers. If they be dried before they be mellow, and kept all the year, they may be used in Decoction for the said purpose, either to drink or to bathe the parts requiring it: and is profitably used in that manner to stay the bleeding



ing of Wounds, and at the Mouth or Nose : to be applied to the Fore-head and Nape of the Neck : and is under the Dominion of Saturn.

Shepherds-purse.

[It is also called Whoremans-Permacity, Shepherds-Script, Shepherds-Pouch, Toy-wort, Pick-purse, and Case-weed.

Description.] *The Root is small, white, and perisheth every year. The Leaves are small and long, of a pale green colour, and deeply cut in on both sides; amongst which springeth up a stalk which is small and round, containing small Leaves upon it even to the top. The flowers are white, and very small: after which come the little cases which hold the Seed, which are flat, almost in the form of a Heart.*

Place.] They are frequent in this Nation, almost by every Paths-side.

Time.] They flower all the Summer long, nay some of them are so fruitful that they flower twice a year.

Government and Vertues.] It is under the Dominion of Saturn, and of a cold, dry, and binding Nature like to him. It

helps all fluxes of Blood either caused by inward or outward Wounds; as also Flux of the Belly and Bloody-flux, spitting and pissing of Blood, stops the Terms in Women; being bound to the wrists of the hands, and the soles of the Feet, it helps the yellow Jaundice. The Herb being made into a Pultis, helps Inflammations, and St.

*Stops Fluxes, Flux of the Belly, spitting and pissing blood, Terms stops, Yellow Faundice, pains, noise, and matterings in the Ears, Wounds.*

Antonies fire. The Juyce being dropped into the Ears, helps the pains, noises and matterings thereof. A good Oyntment may be made of it for all Wounds, especially Wounds in the head.

Smallage.

This is also very well known, and therefore I shall not trouble the Reader with any Description thereof.

Place.] It groweth naturally in wet and Marsh Grounds; but if it be sown in Gardens it there prospereth very well.

Time.] It abideth green all the Winter and seedeth in August.

Government and Vertues.] It is an Herb of Mercury. Smallage is hotter, dryer, and much more Medicinable than Parsley, for it much more openeth obstructions of the Liver and Spleen, rarifieth thick Flegm, & cleanseth it and the Blood withal. It provoketh Urine and Womens Courses, and is singular good against the yellow Jaundice, Tertian and Quartan Agues, if the Juyce thereof be taken: but especially made up into a Syrup. The Juyce also put to honey of Roses, and Barly-water, is very good to gargle the Mouth and Throat of those that have Sores and Ulcers in them, and will quickly heal them. The same Lotion also cleanseth and healeth all other foul Ulcers and Canker.

*Liver and Spleen; Urine, and Womens Courses, yellow Faundice, Agues, sore Mouths and Throats, Ulcers, and Cankers, Wind, Worms, Stinking Breath.*

elsewhere

else-where if they be washed therewith. The seed is especially used to break and expel Wind, to kill Worms, and to help a stinking breath. The Root is effectual to all the purposes aforesaid, and is held to be stronger in Operation than the Herb, but especially to open Obstructions and to rid away any Ague, if the Juyce thereof be taken in Wine, or the Decoction thereof in Wine be used.

### Sope-wort, or Bruise-wort.

**Descript.** **T**HE Root creepeth under ground far and near, with many Foynts therein, of a brown colour on the out-side, and yellowish within, shooting forth in divers places many weak round stalks, full of Foynts, set with two Leaves apiece at every one of them on the contrary side, which are ribbed somewhat like unto Plantane, and fashioned like the common Field white Campian Leaves, seldom having any branches from the sides of the Stalks, but set with divers Flowers at the top standing in long husks like the wild Campions, made of five Leaves apiece, round at the ends, and a little dented in the middle, of a pale Rose colour, almost white, sometimes deeper, sometimes paler; of a reasonable good scent.

**Place.]** It groweth wild in many low and wet Grounds of this Land, by the Brooks and sides of running Waters.

**Time.]** It flowreth usually in July, and so continueth all August, and part of September, before they be quite spent.

**Government and Vertues.]** Venus own it. The Country people in divers places do use to bruise the Leaves of Sope-wort, and lay it to their Fingers, Hands or Legs, when they are cut, to heal them up again. Some make great boast thereof, that it is Diuretical to provoke Urine, and thereby to expel Gravel and the Stone in the Reins or Kidneys, and do also account it singular good to avoid Hydropical Waters, thereby to Cure the Disease of the Droisie. And they no less extol it to perform an absolute Cure in the French Pox more than either Sarsaparilla, Guajacum, or China can do, which how true it is, I leave others to judge.

### Sorrel.

**90** **O**UR ordinary Sorrel which groweth in Gardens, and also wild in the Fields, is so well known, that it needeth no Description.

**Government and Vertues.]** It is under the Dominion of Venus. Sorrel is prevalent in all hot Diseases, to cool any Inflammation and heat of Blood in Agues Petilential or Choleric, or Sicknes and Fainting, rising from heat, and to refresh the over-spent Spirits with the Violence of Furious or Fiery fits of Agues; to quench Thirst, and procure an Appetite in fainting or decayed Stomachs: For it resisteth the putrefaction of the Blood, killeth

Worms,

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Worms and is a Cordial to the Heart, which the Seed doth more effectually, being more drying and binding, and thereby stayeth the hot Fluxes of Womens Courses, or of Humors in the Bloody-flux, or flux of the Stomach. The Root also in a Decoction, or in Powder, is effectual for all the said purposes. Both Roots and Seed as well as the Herb, are held powerful to resist the Poyson of the Scorpion. The Decoction of the Roots is taken to help the Jaundice, and to expel Gravel and the Stone in the Reins or Kidneys. The Decoction of the Flowers made with Wine and drunk, helpeth the Black Jaundice, as also the inward Ulcers of the Body or Bowels. A Syrup made with the Juyce of Sorrel and Fumitory, is a Sovereign help to kill those sharp humors that cause the Itch. The Juyce thereof with a little Vinegar serveth well to be used outwardly for the same cause, and is also profitable for Tetters, Ring-worms, &c. It helpeth also to discuss the Kernels in the throat, and the Juyce gargled in the Mouth, helpeth the Sores therein. The Leaves wrapped up in a Colewort Leaf, and roasted under the Embers, and applied to a hard Imposthume, Botch, Boyl, or Plague-sore, do both ripen and break it. The distilled Water of the Herb is of much good use for all the purposes aforesaid.

### Wood-Sorrel.

**Descript.]** *This groweth low upon the ground, having a number of Leaves coming from the Root, made of three Leaves like a Trefoyl, but broad at the ends, and cut in the middle, of a faint yellowish green colour, every one standing on a long footstalk, which at their first coming up, are close folded together to the stalk, but opening themselves afterwards, and are of a fine sour relish; and yielding a Juyce which will turn red when it is clarified, and maketh a most dainty clear Syrup. Among these Leaves rise up divers slender, weak foot-stalks, with every one of them a Flower at the top, consisting of five small pointed Leaves Star fashion, of a white colour in most places, and in some dashed over with a small shew of a blewish on the back-side only. After the flowers are past, follow small round Heads, with small yellowish Seed in them. The Roots are nothing but small strings fastened to the end of a small long piece, all of them being of a yellowish colour.*

**Place.]** It groweth in many places of our Land, in Woods and Wood-sides, where they be moist and shadowed, and in other places, not too much open to the Sun.

**Time.]** It flowreth in April and May.

**Government and Vertues.]** Venus owns it. Wood-sorrel serveth to all the purposes that the other Sorrel's do, and is more effectual in hindring putrefaction of Blood, and Ulcers in the mouth and body, and in cooling and tempering Heats and Inflammations, to quench Thirst, to strengthen a weak Stomach, to procure an Appetite, to stay Vomiting, and very excellent in any contagious sickness, or

*Ulcers, Inflammations, procure appetite, Pestilential Feavers, hot Swellings, Canker or Ulcer in the Mouth, Wounds or Stabs, Debuxions.*

pesti-

**Pestilential Feavers.** The Syrup made of the Juyce is effectual in all the cases aforesaid, and so is the Distilled Water of the Herb also. Spunges or Linnen Cloths wet in the Juyce, and applied outwardly to any hot Swellings or Inflammations, doth much cool and help them. The same Juyce taken and gargled in the Mouth, and after it is spit forth, fresh taken, doth wonderfully help a foul stinking Canker or Ulcers therein. It is singular good in Wounds, Thrusts and Stabs in the Body, to stay bleeding, and helpeth to stay any hot Defluxions into the Throat or Lungs.

**Sow-Thistle, and to cleanse and heal the Wounds speedily.**

91 **S**OW-Thistles are generally so well known, that they need no Description. *Place.*] They grow in our Gardens and manured Grounds, and sometimes by old Walls, the Path-sides of Fields and High-ways.

*Government and Vertues.*] This and the former are under the Influence of *Venus*. Sow-Thistles are cooling and some-

*Pains and Heat of the Stomach, short Wind and Wheefing, Gravel and Stone, stinking Breath, speedy Delivery, Strangury, Milk increased, deafness and ringing in the Ears, Inflamed Eyes, Wheals and Blisters, Hemorrhoids, clear the Face.*

what binding, and are very fit to cool an hot stomach, and to ease the gnawing pains thereof. The herb boiled in Wine is very helpful to stay the dissolution of the Stomach; and the milk that is taken from the stalks when they are broken, given in drink, is beneficial to those that are short-winded, and have a Wheefing withal. *Pliny* saith, That it hath caused the Gravel and Stone to be voided by Urine, and that the eating thereof helpeth a stinking breath. Three spoonfuls of the Juyce thereof taken in White-wine warmed, and some Oyl put thereto, causeth Women in Travel to have so easie and speedy Delivery, that they may be able to walk presently after. The said Juyce taken in warm drink, helpeth the Strangury and pains in making water. The Decoction of the Leaves and Stalks, causeth abundance of Milk in Nurseries, and their Children to be well coloured, and is good for those whose Milk doth curdle in their Breasts. The Juyce boiled or thoroughly heated with a little Oyl of bitter Almonds in the Peel of a Pomegranate, and dropped into the Ears, is a sure Remedy for Deafness, Singings, and all other Diseases in them. The Herb bruised or the Juyce, is profitably applyed to all hot Inflammations in the Eyes, or where-soever else. and for Wheals, Blisters or other the like Eruptions or heat in the Skin: as also for the heat and itching of the Hemorrhoids, and the heat and sharpness of Humors in the secret parts of Man or Woman. The distilled water of the Herb is not only effectual for all the Diseases aforesaid to be taken inwardly with a little Sugar (which Medicine the daintiest Stomach will not refuse) but outwardly, by applying Cloaths or Spunges wetted therein. It is wonderful good for Women to wash their Faces therewith, to clear the skin, and give a lustre thereto.



## Southern-Wood.

92

**S**outhern-wood is so well known to be an ordinary Inhabitant in our Gardens, that I shall not need to trouble you with any Description thereof. *Time.*] It flowreth for the most part in *July* and *August*. *Government and Vertues.*] It is a gallant Mercurial Plant, worthy of more esteem than it hath. *Dioscorides* saith, That the seed bruised, heated in warm water and drunk, helpeth those that are Bursten or troubled with Cramps or Convulsions of the Sinews, the Sciatica, or difficulty in making Water, and bringeth down Womens Courfes. The same taken in VVine is an Antidote, or Counter-Poyson against all deadly Poyson, and driveth away Serpents, and other Venomous Creatures: as also the finell of the Herb being burnt, doth the same. The Oyl thereof anointed on the back-Bone before the Fits of Agues come, taketh them away: it taketh away Inflammation in the Eyes, if it be put with some part of a roasted Quince, and boiled with a few crums of bread and applied. Boiled with Barly-meal it taketh away Pimples, Pushees or Wheals that arise in the Face or other parts of the Body. The seed as well as the dried Herb is often given to kill the VVorms in Children: The Herb bruised and laid to, helpeth to draw forth splinters and thorns out of the Flesh. The ashes thereof drieth up and healeth old Ulcers, that are without Inflammation, although by the sharpness thereof it biteth sore, and putteth them to sore pains: as also the Sores in the privy parts of Man or VVoman. The ashes mingled with old Salid Oyl, helpeth those that have hair fallen, and are bald, causing the hair to grow again either on the head or beard. *Durantes* saith, That the Oyl made of Southern-wood, and put among the Oyntments that are used against the French Disease, is very effectual, and likewise killeth Lice in the Head. The distilled water of the Herb is said to help them much that are troubled with the Stone, as also for the Diseases of the Spleen and Mother. The *Germans* commend it for a singular wound herb, and therefore call it *Stab-wort*. It is held by all VVriters, Antient and Modern, to be more offensive to the Stomach than VVormwood.

*Bursten, Cramps, and Convulsions, Sciatica, strangury, Womens Courfes, Poysons, Agues, Inflamed Eyes, Pimples, Pushees, and Wheals, Worms, Splinters and Thorns, old Ulcers, sores in the Privities, Baldness, French-Pox, Stone, Spleen and Mother.*

## Spignel.

93

**Descript.]** **T**HE Roots of common Spignel do spread much and deep in the Ground, many strings or branches growing from one Head, which is hairy at the top. of a blackish brown colour on the out-side, and white within, smelling well, and of an Aromatical taste, from whence rise sundry long stalks of most fine cut Leaves like hairs, smaller then Dill, set thick on both sides of the stalks, and of a good scent, Among these Leaves rise up round stiff stalks, with a few

few Foynts and leaves on them, and at the tops an Umbel of fine pure white Flowers. At the edges whereof sometimes will be seen a shew of reddish blewish colour, especially before they be full blown, and are succeeded by small somewhat round seed, bigger than the ordinary Fennel, and of a brown colour, divided into two parts, and crested on the back, as most of the umbelliferous seeds are.

*Place.*] It groweth wild in Lancashire, Yorkshire, and other Northern Countreys, and is also planted in Gardens.

*Government and Vertues.*] It is an Herb of Venus. Galen saith, The Roots of Spignel are available to provoke Urine, and VVomens Courfes, but if too much thereof be taken, it causeth Head-ach: The Roots boyled in VVine or VVater and drunk, helpeth the Strangury, and stoppings of the Urine, the VVind, swellings and pains in the Stomach, pains of the Mother, and all Joynt-Aches. If the Powder of

the Roots be mixed with Honey, and the same taken as a licking Medicine, it breaketh tough Flegm, and dryeth up the Rheum that falleth on the Lungs. The Roots are accounted very effectual against the stinging or biting of any Venomous Creature, and is one of the Ingredients in Mithridate, and other Antidotes for the same.

### Spleen-wort, or Ceterach.

*Descript.*] **T**HE smooth Spleen-wort from a black, threddy, and Busby root sendeth forth many long single Leaves, cut in on both sides into round dents, almost to the middle, which is not so hard as that of Polipody, each division being not always set opposite unto the other, cut between each, smooth and of a light green on the upper-side, and a dark yellowish roughness on the back, folding or rowling it self inward at the first springing up.

*Place.*] It groweth as well upon Stone Walls as moist and shadowy places about Bristol, and other the West parts plentifully; as also on Framingham Castle, on Beconsfield Church in Barkshire, at Strowde in Kent, and elsewhere, and abideth green all the Winter.

*Government and Vertues.*] Saturn owns it. It is generally used against infirmities of the Spleen, it helpeth the Strangury, and wasteth the Stone in the Bladder, and is good against the yellow-Jaundice and the Hiccough; but the Juyce of it in Women hindreth conception. *Marthiolus* saith, That if a dram of the dust that is on the back-side of the Leaves, be mixed

with half a dram of Amber in Powder and taken with the Juyce of Purflane or Plantane, it helps the running of the Reins speedily, and that the Herb and Root being boyled and taken, helpeth all Melancholy Diseases, and those especially that arise from the French Disease. *Camerarius* saith, That the Distilled Water thereof being drunk, is very effectual against the stone in the Reins and Bladder: and that the Lye that is made of the Ashes thereof being drunk for some time together, helpeth splenetick persons;

sons: It is used in outward Remedies for the same purpose.

### Star-Thistle.

**Descript.]** A Common Star-Thistle hath divers long and narrow Leaves lying next the Ground, cut or torn on the edges somewhat deeply, into many almost even parts, soft or a little woolly all over the green; among which rise up divers weak stalks parted into many Branches, all lying or leaning down in the Ground, that it seemeth a pretty Bush, set with divers the like divided Leaves up to the tops, where severally do stand long and small whitish green Heads, set with sharp and long white pricks (no part of the Plant being else prickly) which are somewhat yellowish: out of the middle whereof riseth the Flower composed of many small reddish purple threads: and in the Heads after the Flowers are past, come small whitish round seed lying down as others do. The Root is small, long and woody, perishing every year, and rising again of its own sowing.

**Place.]** It groweth wild in the Fields about London in many places, as at Mile-end-Green, in Finsbury-Fields beyond the Wind-Mills, and many other places.

**Time.]** It flowreth early, and seedeth in July, and sometimes in August.

**Government and Vertues.]** This, as almost all Thistles, are under Mars. The Seed of this Star-Thistle made into Powder, and drunk in Wine, provoketh Urine, and helpeth to break the Stone, and driveth it forth. The Root in Powder and given in Wine and drunk, is good against the Plague or Pestilence, and drunk in the morning fasting for some time together, is very profitable for a Fistula in any part of the Body. Baptista Sardus doth much commend the distilled water hereof being drunk, to help the French Disease, to open Obstructions of the Liver, and cleanse the Blood from corrupted Humors, and is profitably given against Quotidian or Tertian Agues.

Provokes Urine, Stone, Plague, Fistula, French-Pox, Obstructions, Agues.

### Straw-berries.

**T**hese are so well known through this Land, that they need no Description.

**Time.]** They flower in May ordinarily, and the Fruit is ripe shortly after.

**Government and Vertues.]** Venus owns the Herb.

Strawberries when they are green, are cold and dry, but when they are ripe they are cold and moist: the Berries are excellent good to cool the Liver, the Blood and the Spleen, or an hot cholerick Stomach; to refresh and comfort the fainting Spirits, and quench Thirst: they are good also for other Inflammations, yet it is not amiss to refrain from them in a Feaver, lest by their putrifying in the Stomach they encrease the Fits.

Cool the Liver, Spleen and Stomach, Quench Thirst, Inflammations, provoke Urine, stay the Bloody-flux, and Womens Courses, Paining of the Heart, Yellow Jaundice, Ulcers, sore Mouths, or Ulcers in the Privities, loose Teeth, The

*Catarrhs, Defluxions, inflamed Eyes, Pusles and Wheals, red Face, deformities in the Skin, Films over the Eyes.*

The Leaves and Roots boiled in Wine and Water and drunk, do likewise cool the Liver and Blood, and assuage all Inflammations in the Reins and Bladder, provoke Urine, and allay the Heat and sharpness thereof. The same also being drunk, stayeth the Bloody-flux, and Womens Courses, and help the Swellings of the Spleen. The Water of the Berries carefully Distilled, is a Sovereign Remedy and Cordial in the panting and beating of the Heart, and is good for the yellow Jaundice. The Juice dropped into foul Ulcers, or they washed therewith, or the Decoction of the Herb and Root doth wonderfully cleanse and help to cure them. Lotions and Gargles for sore Mouths, or Ulcers therein, or in the Privy parts, or else-where, are made with the Leaves and Roots thereof; which is also good to fasten loose Teeth, and to heal spongy foul Gums. It helpeth also to stay Catarrhs or Defluxions of Rheum into the Mouth, Throat, Teeth or Eyes. The Juice or Water is singular good for hot and red inflamed Eyes, if dropped into them, or they bathed therewith. It is also of excellent property for all Pusles, Wheals, and other breakings forth of hot and sharp Humors in the Face and Hands, or other parts of the Body to beth them therewith; and to take away any redness in the Face, or Spots, or other Deformities in the Skin, and to make it clear and smooth. Some use this Medicine; Take so many Strawberries as you shall think fitting, and put them into a Distillatory or Body of Glass fit for them, which being well closed, set it in a Bed of Horse-dung for your use. It is an excellent Water for hot inflamed Eyes, and to take away any film or skin that be- ginneth to grow over them, and for such other defects in them as may be helped by any outward Medicine.

### Succory.

97 Descript.] **T**HE Garden Succory hath longer and narrower Leaves than Endive, and more cut in or torn on the edges, and the Root abideth many years. It beareth also blue Flowers like Endive, and the Seed is hardly distinguished from the Seed of the smooth or ordinary Endive.

The Wild Succory hath divers long Leaves lying on the Ground, very much cut in or torn on the edges, on both sides even to the Middle Rib ending in a point, sometimes it hath a red Rib down the middle of the Leaves, from among which riseth up a hard, round, woody Stalk, spreading into many Branches, set with smaller and lesser divided Leaves on them up to the Tops, where stand the Flowers, which are like the Garden-kind, as the Seed is also (onely take notice that the Flowers of the Garden-kind are gone in one Sunny day, they being so cold, that they are not able to endure the beams of the Sun, and therefore more delight in the shadow.) The Root is white, but more hard and woody than the Garden-kind. The whole Plant is exceeding bitter.

Place.]



*Place.*] This groweth in many places of our Land; in waste, untilled and barren Fields. The other only in Gardens.

*Government and Vertues.*] It is an Herb of *Jupiter*. Garden Succory, as is more dry, and less cold than Endive, so it openeth more. An handful of the Leaves or roots boiled in Wine or Water, and a draught thereof drunk fasting driveth forth Cholerick and Flegmatick Humors, openeth Obstructions of the Liver, Gall and Spleen; helpeth the yellow Jaundice, the Heat of the Reins, and of the Urine; the Dropsie also, and those that have an evil disposition in their Bodies, by reason of long sickness, evil diet, &c. which the Greeks call *Cachexia*. A Decoction thereof made with the Wine and drunk, is very effectual against long lingering Agues; and a dram of the Seed in Powder drunk in Wine before the Fit of the Ague, helpeth to drive it away. The distilled Water of the Herb and Flowers (if you can take them in time) hath the properties, and is especial good for hot Stomachs and in Agues, either Pestilential, or of long continuance, for Swoonings and Passions of the Heart, for the Heat and Head-ach in Children, and to the Blood and Liver. The said Water, or the Juyce, or the bruised Leaves applied outwardly, allay Swellings, Inflammations, *St. Anthony's-fire*, Pustles, Wheals and Pimples, especially used with a little Vinegar; as also to wash pestiferous Sores. The said Water is very effectual for sore Eyes that are Inflamed with redness, and for Nurses Breasts that are pained by the abundance of Milk.

*Cholerick and Flegmatick Humors, Obstructions, yellow Jaundice, hot Reins and Urine, Dropsie, Agues, Passions of the Heart, Head-ach, Swellings and Inflammations St. Anthony's Fire, Pustles, Wheals, and Pimples, Inflamed Eyes, to much Milk.*

The wild Succory, as it is more bitter, so it is more strengthening to the Stomach and Liver.

### Stone-Crop, Prick-Madam, or Small Housleek.

*Descript.*] It groweth with divers trailing Branches upon the Ground, set with many thick, flat, roundish, whitish green Leaves, pointed at the ends. The Flowers stand many of them together, somewhat loosely. The Roots are small, and run creeping under Ground.

*Place.*] It groweth upon the Stone-walls, and Mud-walls, upon the Tiles of Houses and Pent-Houses, and amongst Rubbish, and in other gravelly places.

*Time.*] It flowreth in June and July, and the Leaves are green all the Winter.

*Government and Vertues.*] It is under the Dominion of the Moon, cold in quality, and something binding, and therefore very good to stay Defluxions, especially such as fall upon the Eyes. It stops Bleeding both inward and outward, helps Cankers and all fret-

*Binds, stay Defluxions, Bleeding, stops Cankers, Sores, Ulcers, Choler, ting*

*Cholerick Humors, Poyson, Pestilent Feavers, Tertian Agues, Kings-Evil, Knots and Kernels in the Flesh, Piles.*

ting Sores and Ulcers ; it abates the Heat of Choler, thereby preventing Diseases thence arising from cholerick Humors : It expels Poyson much, resisteth pestilential Feavers, being exceeding good also for Tertian Agues, you may drinking the Decoction of it if you please for all the foregoing Infirmities : It is so harmless an Herb, you can scarce use it amiss, being bruised and applied to the place it helps the Kings-Evil, and any other Knots or Kernels in the Flesh ; as also the Piles.

### English Tobacco.

**Descript.]** **T**His riseth up with a thick round Stalk about two foot high, whereon do grow thick, flat green Leaves, nothing so large as the other Indian kinds, somewhat round pointed also, and nothing dented about the edges : The Stalk brancheth forth, and beareth at the tops divers Flowers set of green Husks, like the other, but nothing so large ; scarce standing above the brim of the Husks, round pointed also, and of a greenish yellow colour. The Seed that followeth is not so bright, but larger, contained in the like great Heads. The Roots are neither so great nor Woody, and perishing every year with the hard Frosts in Winter, but riseth generally of own sowing.

**Place.]** This came from some parts of *Brafle*, as is thought, and is more familiar in our Countrey, than any of the other sorts ; early giving ripe Seed, which the other seldom do.

**Time.]** It flowreth from *June*, sometimes to the end of *August*, or later, and the Seed ripeneth in the mean time.

**Government and Vertues.]** It is a Martial Plant. It is found by good experience to be available to expectorate tough Flegm from the Stomach, Chest & Lungs. The Juyce thereof made into a Syrup, or the distilled water of the Herb drunk with some Sugar, or without if you will, or the smoke taken by a Pipe as is usual, but fasting ; the same helpeth to expel Worms in the Stomach and Belly, and to ease the pains in the Head, or Megrim, and the griping pains in the Bowels : It is profitable for those that are troubled with the Stone in the Kidneys, both to ease Pains by provoking Urine, and to expel Gravel and the Stone ingendred therein, and hath been found very effectual to expel windiness and other Humors which cause the strangling of the Mother. The Seed hereof is very effectual to expel the Tooth-ach, and the ashes of the burnt Herb, to cleanse the Gums and make Teeth white. The Herb bruised and applied to the place grieved with the Kings-Evil, helpeth it in nine or ten days effectually. *Manardus* saith, It is a Counter-Poyson against the biting of any Venemous Creature ;

*Tough Flegm, Worms, Meagrim, Pains in the bowels, gravel and Stone, Wind, Mother, Tooth-ach, Kings-Evil, Venemous Creatures, Ague, Cramps and Aches, Sciatica, Itch, Scabs and Ulcers, Cankers & foul Sores, Lice, fresh wounds and sores, Imposthumes and hard Swel-*

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Creatures; the Herb also being outwardly applied to the hurt place. The distilled Water is often given with some Sugar before the fit of an Ague to lessen it, and take it away in three or four times using. If the Distilled Feces of the Herb having been bruised before the Distillation, and not distilled dry, be set in warm Dung for fourteen daies, and afterwards be hung up in a Bag in a Wine Celler; the Liquor that distilleth therefrom, is singular good to use for Cramps, Aches, the Gout and Sciatica, and to heal Itches, Scabs and running Ulcers, Cankers and foul Sores whatsoever. The Juice is also good for all the said griefs, and likewise to kill Lice in Childrens Heads. The green Herb bruised and applied to any green wound, cureth any fresh wound or cut whatsoever: and the Juice put into old Sores, both cleanseth and healeth them. There is also made hereof, a singular good Salve to help Imposthumes, hard Tumours, and other Swellings by Blows and Falls.

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The Tamarisk Tree.

It is so well known in the places where it grows, that it needeth no Description.

Time.] It flowreth about the end of May or in June, and the Seed is ripe and blown away in the beginning of September.

Government and Vertues.] As gallant a Saturnine Herb it is, If the Root, Leaves, or young Branches, be boiled in wine or vinegar,

and drunk, and applied outwardly, it is very powerful Spleen, Hemorrhoids, against the hardness of the Spleen. The Leaves boiled spitting Blood, Wo-

in Wine and drunk, is good to stay the bleeding of the mens Courses, Jaun- Hemorrhoidal Veins, the spitting of Blood, & Womens dice and Cholick, Ve-

too abounding Courses, and helpeth the Jaundice, nom, Serpents, Tooth- the Cholick, and the biting of all Venemous Serpents, ach, pain in the Ears, except the Asp. The Bark is as effectual, if not more, Watering Eyes, Gan-

to all the purposes aforesaid, and both it and the greens and Ulcers. Leaves boiled in Wine, and the Mouth and the Teeth Nits & Lice, Spleen,

washed therewith, helpeth the Tooth-ach; being Burning and Scald- dropped in the Ears ease the pains, and is good ing, French Pox, Le-

for the redness and watering of the Eyes. The said prosie and Scabs, Decoction, with some Honey put thereto, is good to Dropsie, Melancholy,

stay Gangreens and fretting Ulcers, and to wash those Black Jaundice. that are subject to Nits and Lice. The Wood is very

effectual to consume the Spleen, and therefore to drink out of Cups and Cans made thereof, is good for Splenetick Persons. The Ashes of the

Wood are used for all the purposes aforesaid; and besides, doth quickly help the Blisters raised by Burnings or Scaldings by Fire and Water. Al-  
flinus and Veslingus do affirm, That the Egyptians do with as good success use the Wood hereof to cure the French Disease, as others do. Lignum Vita  
or Guajacomb; and give it also to such as are possessed with Leprosie, Scabs,  
Pulshes, Ulcers, or the like; and is available to help the Dropsie, arising  
from the hardness and obstruction of the Spleen, as also for Melancholy,  
and the Black Jaundice that ariseth thereof.

## Garden Tanfie.

**G**Arden Tanfie is so well known, that it needeth no Description.  
*Time.*] It flowreth in *June* and *July*.

*Government and Vertues.*] Dame *Venus* was minded to pleasure Women with Child by this Herb, for there grows not an Herb fitter for their uses than this is; it is, just as though it were cut out for the purpose: The Herb bruised and applied to the Navel staies Miscarriages, I know no Herb like it for that use: boiled in ordinary Beer, and the Decoction drunk, doth the like; and if her Womb be not as she would have it, this Decoction will make it as she would have it, or at least as she should have it: Let those Women that desire Children, love this Herb, 'tis their best Companion, their Husband excepted. Also it consumes the Flegmatick Humours, the cold and moist constitution of Winter most usually infects the Body of Man with, and that was the first reason of eating Tanfies in the Spring; at last the World being over-run with Popery, a Monster called Superstition, perks up his Head, and as a just Judgment of God, obscures the bright Beams of Knowledg by his dismal looks (Physitians seeing the Pope and his Impish selfish, they began to do so too) and now forsooth Tanfies must be eaten only on *Palm* and *Easter* Sundaies, and their Neighbour daies: At last Superstition being too hot to hold, and the selfishness of Physitians walking in the Clouds; after the Fryers and Monks had made the People Ignorant, the Superstition of the time was found out, but the Vertue of the Herb hidden, and now 'tis almost, if not altogether left off. Surely our Physitians are beholding to none so much as they are to Monks and Fryers: for want of eating this Herb in Spring, maketh People sickly in Summer; and that makes work for the Physitian. If it be against any Man or Womans Conscience to eat a Tanfie in the Spring, I am as unwilling to burthen their Consciences, as I am that they should burthen mine: They may boil it in Wine, and drink the Decoction, it will work the same effect. The Decoction of the common Tanfie, or the Juice drunk in Wine, is a singular Remedy for all the Grievs that come by stopping of the Urine, help-  
*Dysury Strangury*, eth the Strangury, and those that have weak Reins and Reins, *Kidneys*: It is also very profitable to dissolve and expel *Wind*, *Womb*, *Miscarriage*, *Stone*, mens Courses, and expel windiness in the Matrix, if it *Stomach*, *Worms*, be bruised and often smelled unto, as also applied to the *Cramps*.  
 lower part of the Beily. It is also very profitable for such

Women as are given to Miscarry in Child-bearing, to cause them to go out their full time: It is used also against the Stone in the Reins, especially to Men. The Herb fryed with Eggs (as it is accustomed in the Spring time) which is called a Tanfie, helpeth to Digest, and carry downward those bad Humours that trouble the Stomach: The Seed is very profitable given to Children for the Worms, and the Juice in Drink is as effectual. Being boiled in Oyl, it is good for the Sinews shrunk by Cramps, or pained with Cold, if thereto applied.

wild



Wild Tanfie, or Silver-Weed.

This is also so well known that it needeth no Description.

*Place.*] It groweth almost in every place.

*Time.*] It flowreth in *June* and *July*.

*Government and Vertues.*] Now Dame *Nenus* hath fitted Women with two Herbs of one name, one to help Conception, the other to maintain Beauty; and what more can be expected of her? What now remains for you but to love your Husbands, and not to be wanting to your poor Neighbours? Wild Tanfie stayeth the Lask, and all the Fluxes of Blood in Men or Women, which some say it will do if the *Flux*, *Terms*, green Herb be worn in the Shoes, so it be next the Skin; stops Vomiting and 'tis true enough that it will stop the Terms if worn so of Blood, Whites, and the Whites too, for ought I know. It stayeth also spit- Ruptures, Belly-ting or Vomiting of Blood. The Powder of the dried Herb ach, *Sciatica*, taken in some of the distilled Water, helpeth the Whites *Joynts*, *Tooth*-in Women, but more especially, if a little Coral and Ivory ach, loose Teeth, in Powder be put to it: It is also much commended to Gums, *Ulcers* help Children that are Bursten, and have a Rupture, being in the Mouth, boiled in Water and Salt. Being boiled in Wine and Drink, Wounds, Sore it easeth the griping pains of the Bowels, and is good for Legs, Pimples, the *Sciatica* and Joint-aches. The same boiled in Vine- Freckles, Sun- gar, with Honey and Allom, and gargled in the Mouth, burning, easeth the pains of the Tooth-ach, fastneth loose Teeth, helpeth the Gums that are fore, and seclereth the Palate of the Mouth in its place, when it is fallen down. It cleanseth and healeth the Ulcers in the Mouth or secret Parts, and is very good for inward Wounds, and to close the Lips of green Wounds: as also to heal old, moist, corrupt running Sores in the Legs or elsewhere: Being bruised and applied to the Soles of the Feet and Handwrists, it wonderfully cooleth the hot fits of Agues, be they never so violent. The Distilled Water cleanseth the Skin of all Dis- colourings therein, as Morpew, Sun-burning, &c. as also Pimples, Freckles, and the like; and dropped into the Eyes or Cloaths wet therein and applied, taketh away rhe Heat and Inflammations in them.

Thistles.

OF these are many kinds growing here in *England*, which are so well known that they need no Description: Their difference is easily known by the places where they grow, viz.

*Place.*] Some grow in Fields, some in Meadows, and some among the Corn: others on Heaths, Greens, and waste Grounds in many places.

*Time.*] They flower in *June* and *August*, and their Seed is ripe quickly after.

*Government and Vertues.*] Surely *Mars* rules it, it is such a prickly busi- ness. All these Thistles are good to provoke Urine, and to amand the stinking smell thereof; as also the rank smell of the *Dysury*.

*stinking* Armpits, or the whole Body, being boiled in Wine and drunk, *Breath,* and are said also to help a stinking Breath, and to strengthen the *Stomach.* Pliny saith, That the Juyce bathed on the place that wanteth Hair, it being fallen off, will cause it to grow again speedily.

### The Melancholly Thistle.

**Descript.** *I*T riseth up with tender single hoary green Stalks, bearing therein four or five long hoary green Leaves, dented about the edges, the points thereof are little or nothing prickly, and at the top usually but one head, yet sometimes from the bosom of the uppermost Leaf there shooteth forth another smaller head, scaly and somewhat prickly, with many reddish purple thrums or threds in the middle, which being gathered fresh, will keep the colour a long time, and fadeth not from the stalk in a long time, while it perfecteth the seed, which is of a mean bigness lying in the down. The Root hath many long strings fastned to the head, or upper part, which is blackish vnd perisheth not.

There is another sort little differing from the former, but that the Leaves are more green above, and more hoary underneath, and the stalk being about two foot high, beareth but one scaly head, with threds and seeds as the former.

**Place.]** They grow in many moist Meadows in this Land, as well in these Southern, as in the Northern parts.

**Time.]** They flower about July or August and their Seed ripeneth quickly after.

**Government and Vertues.]** 'Tis under Capricorn, and therefore under both Saturn and Mars, one rids Melancholly by Sympathy, the other by Antipathy. Their Vertues are but few, but those not to be despised; for the Decoction of the Thistle in Wine being drunk, expels superfluous Melancholly out of the Body, and makes a man as merry as a Cricket; superfluous Melancholly cureth care, fear, sadness, despair, envy and many evils more besides; but Religion teacheth to wait upon God's Providence, and cast our care upon him, who careth for us. What a fine thing were it if Men and Women could live so? and yet seven years care and fear makes a man never wiser, nor a farthing richer. Dioscorides saith, The Root born about one doth the like, and removes all Diseases of Melancholly. Modern Writers laugh at him: *Let them laugh that win.* My Opinion is, That 'tis the best Remedy against all Melancholly Diseases that grows, They that please may use it.

### Our Ladies Thistle.

**Descrip.]** *O*ur Ladies Thistle hath divers very large and broad Leaves lying on the ground, cut in, and as it were crumpled, but somewhat hairy on the edges, of a white green shining colour, wherein are many lines and strakes of a milk white colour running all over, and set with many

many sharp and stiff prickles all about; among which riseth up one or more strong, round and prickly stalks, set full of the like leaves up to the top, where at the end of every branch, come forth a great prickly Thistle-like head, strongly armed with prickles, and with bright purple thrums rising out of the middle of them; after they are past, the Seed groweth in the said heads, lying in a great deal of soft white down, which is somewhat flattish and shining, large and brown. The Root is great, spreading in the ground, and many strings and small Fibres fastned thereunto. All the whole Plant is bitter in taste.

Place.] It is frequent on the Bank of almost every Ditch.

Time.] It Flowreth and Seedeth in June, July and August.

Government and Vertues.] Our Ladies Thistle is under Jupiter, and thought to be as effectual as *Cardus Benedictus* for Agues, and to prevent and cure the Infection of the Plague, as also to open Obstructions of the Liver and Spleen, and thereby is good against Agues, Plague, the Jaundice: It provoketh Urine, breaketh and expelleth Obstructions, the Stone, and is good for the Dropsie; It is effectual also Liver, Spleen, for the pains in the Sides, and many other inward pains dropsie stitches, and gripings: The Seed and distilled Water are held pow- in the Sides, and to all the purposes aforesaid: and besides, it is often Liver. applied both inwardly to drink, and outward with Cloaths or Spunges to the Region of the Liver to cool the distemperature thereof and to the Region of the Heart, against Swoonings and Passions of it. It cleanseth the Blood exceedingly; and in Spring if you please to boil the tender Plant (but cut of the prickles, unless you have a mind to choak your self) it will change your Blood as the Season changeth, and that's the way to be safe.

### The Woolley, or Cotton Thistle.

Descript.] **T**His hath many large Leaves lying on the Ground, somewhat cut in, and as it were crumpled on the edge, of a green colour on the upper side, but covered over with a long hairy Wood or Cotton Down; set with most sharp and cruel prickles; from the middle of whose heads of Flowers, come forth many purplish crimson threads, and sometimes white, although but seldom: The Seed that followeth in these white downy heads, is somewhat large long and round, resembling the Seed of Ladies Thistles, but paler: The Root is great and thick, spreading much, yet usually died after Seed-time.

Place.] It groweth on divers Ditch Banks, and in the Corn-fields and High-ways, generally throughout the Land; and is often found growing in Gardens.

Time.] It flowreth and beareth Seed about the end of Summer, when other Thistles do Flower and Seed.

Government and Vertues.] It is a Plant of Mars, Dioscorides and Pliny wrpte, That the Leaves and Roots hereof taken in drink, helpeth those that

*Crick* in have a *Crick* in their Neck, that they cannot turn it unless the Neck, they turn their whole Body. *Galen* saith, That the *Roots* *Spasim* Con- and Leaves hereof, are good for such Persons that have their *convulsion*, Bodies drawn together by some *Spasim* or *Convulsion*, or other *Rickets*. Infirmities, as the *Rickets* (or the Colledge of *Physitians* would have it the *Rachites*, about which Name they have quarrelled sufficiently) in Children, being a Disease that hindereth their growth, by binding their Nerves, Legaments, and whole structure of their Body.

### The Fullers Thistle, or Teasel.

**I**T is so well known, that it needs no Description, being used with the Cloth-workers.

*The Wild Teasel* is in all things like the former, but that the prickles are small, soft, and upright, not hooked or stiff, and the Flowers of this are of fine bluish, or pale coronation colour, but of the manured kind whitish.

*Place.*] The first groweth, being sown in Gardens or Fields, for the use of Cloth-workers: the other near Ditches and Cils of Water in many places of this Land.

*Time.*] They flower in July and are ripe in the end of August.

*Government and Vertues.*] it is an Herb of *Venus*. *Dioscorides* saith, That the Root bruised and boiled in Wine till it be thick, and kept in a Brazen Vessel or Pot, and after spread as a Salve and applied to the *Fistulas*, *Warts*, Fundament, doth heal the Clefts thereof, as also Cankers Clefts, Cankers and *Fistulaes* therein, and also taketh away Warts and Wens. Wens, Worm., The Juice of the Leaves dropped into the Ears killeth in the Ears, Worms in them. The distilled Water of the Leaves drop-Sight, Redness ped in the Eyes, taketh away Redness and Mists in them, in the Face, that hinder the Sight, and is often used by Women to Inflammation. preserve their Beauty, and to take away Redness and Inflammations, and all other heat or discolourings.

### Treacle Mustard.

*Descrip.*] **I**T riseth up with a hard round stalk about a foot high, parted into some Branches, having divers soft green Leaves long and narrow set thereon, waved but not cut into the edges, broadest towards the ends, and somewhat round pointed: the Flowers are white that grow at the tops of the Branches, spike fashion, one above another; after which come round Ponches, parted in the middle with a furrow, having one blackish brown Seed on either side, somewhat sharp in taste, and smelling of Garlick, especially in the Fields where it is natural, but not so much in Gardens, the Roots are small and shreddy, perishing every year.

Give me leave here to add *Mithridate-Mustard*, although it may seem more properly by the Name to belong to the Alphabet M.

*Mithridate*



Methridate Mustard.

**Descript.]** This groweth higher than the former, spreading more and longer Branches, whose Leaves are smaller and narrower, sometimes unevenly dented about the edges. The Flowers are small and white, growing on long Branches, with much smaller and rounder Seed-Vessels after them, and parted in the same manner, having smaller brown Seeds then the former, and much sharper in taste. The Root perisheth after Seed time, but abideth the first Winter after the springing.

**Place]** They grow in sundry places of this Land, as half a Mile from Hatfield, by the River side, under a Hedge, as you go to Hatfield, and in the Street of Peckam on Surry side.

**Time.]** They flower and seed from May to August.

**Government and Vertues.]** Both of them are Herbs of Mars. These Mustards are said to purge the Body both upwards and downwards, and procureth Womens Courses so abundantly, *Purge the Body,* that it suffocate the Birth. It breaketh inward Imposthumes, being taken inwardly and used in Clusters, helpeth *Imposthumes,* the Sciatica: The Seed applied doth the same. It is an *Sciatica,* especially Ingredient unto Methridate and Treacle, being of *sem. Venum,* Put it self an Antidote resisting Poyson, Venom, and Putridification. It is also available in many cases for which the common Mustard is used, but somewhat weaker.

The Black-Thorn, or Sloe-bush.

**I**t is so well known that it needeth no Description.

**Place.]** It groweth in every Country, in the hedges and borders of Fields.

**Time.]** It flowreth in April, and sometimes in March, but ripeneth the Fruit after all other Plums whatsoever, and is not fit to be eaten until the Autumn-Frost have mellowed them.

**Government and Vertues.]** All the parts of the Sloe-bush are binding, cooling and dry, and all effectual to stay bleeding at the Nose and Mouth, or any other place; the Lask of the Belly or Stomach: or the Bloody Flux, the too much abounding of Womens Courses, and helpeth to ease the pains of the Sides, Bowels, and Guts, that come by over much scouring, to drink the Decoction of the Bark of the Roots, or more usually the Decoction of the Berries, either fresh or dried. The Conserve is also of very much use, and more familiarly taken for the purpose aforesaid. But the distilled Water of the Flowers first steeped in Sack for a night, and drawn therefrom by the heat of *Balneum, Anglice,* a Bath, is a most certain Remedy, tried and approved to ease all manner of Gnawings in the Stomach, the Sides and Bowels, or any griping Bowels and Stomach, sore Mouth pains in any of them, to drink a small quantity when the extremity of pain is upon them. The Leaves also

are good to make Lotions to gargle and wash the Mouth and Throat, where in are Swellings, Sores, Kernels, and to stay the defluxions of Rheum to the Eyes or other parts, as also to cool the Heat and Inflammations of them, and to ease hot pains of the head, to bath the Fore-head and Temples thereof with. The simple distilled Water of the Flowers is very effectual for the said purposes, and the condensate Juyce of the Sloes. The distilled Water of the green Berries is used also for the said effects.

### Thorough wax, or Thorough-leaf.

Descript.] **C**ommon Thorough-wax, sendeth forth one straight round stalk, and sometimes more, two foot high, or better, whose lower leaves being of a blewish green colour, are smaller and narrower than those up higher and stand close thereto, not compassing it; but as they grow higher they do more and more compass the stalks, until it wholly (as it were) pass through them branching toward the top into many parts, where the leaves grow smaller again every one standing singly, and never two at any Joynt. The Flowers are very small and yellow, standing in tufts at the heads of the Branches, where afterwards grow the Seed, being blackish, many thick thrust together. The Root is small long and woody, perishing every year after Seed-time, and rising again plentifully of its own sowing.

Place.] It is found growing in many Corn-fields, and Pasture-grounds, in this Land.

Time.] It flowreth in July, and the Seed is ripe in August.

Government and Vertues.] Both this and the former are under the Influence of Saturn. Thorough-wax is of a singular good use for all sorts of Erailes and Wounds either inward or outward, and old Ulcers and Sores likewise, if the decoction of the Herb with Water and Wine be drunk, and the places washed therewith, or the Juyce or green Bruises, Herb bruised or boiled either by it self, or with other Herbs in Wounds, Oyl or Hogs-grease, to be made into an Oynment to serve all the Ulcers, year. The Decoction of the Herb, or Powder of the dried Ruptures, Herb taken inwardly, and the same, or the Leaves bruised and Navels applied outwardly is singular good to cure Ruptures, and Burstings sticking especially in Children, before it be too old. Being applied ext. with a little Flower and Wax to Childrens Navels that stick forth, it helpeth them.

### Time.

It is in vain to describe an Herb so commonly known.

Government and Vertues.] It is a notable strengthener of the Lungs, as notable a one as grows; neither is there scarce a Lungs, Chin-cough, better Remedy growing for that disease in Children, Flegm, shortness of which they commonly call the Chin-cough, than it Breath, Worms, Terms is. It purgeth the Body of Flegm, and is an excellent provokes, safe and Remedy for shortness of Breath. It kills Worms in speedy Delivery to the Belly; and being a notable Herb of Venus, provokes

ter Birth, hot sweet-  
 of them is so harmles, you need not fear the use of it. An lings, Warts, Sciatica,  
 es there ment made of it, takes away hot Swellings and Sight, Spleen, Gout,  
 for charts, helps the Sciatica and dulness of Sight, takes Cods swelled, Loyns  
 Water by the Pains and hardness of the Spleen; 'tis ex- and Hips, Stomach,  
 lent good for those that are troubled with the expel Wind.  
 out, as also to anoint the Cods that are swelled. It  
 with pains in the Loins and Hips: The Herb taken any way inwardly  
 comforts the Stomach much, and expels Wind.

### Wild Time, or Mother of Time

**W**ild Time also is so well known that it needs no Description.  
 Place.] It may be found commonly in Commons, and other  
 are places throughout the Nation.  
 Government and Vertues.] This also is under the Urine provokes, Terms  
 omunion of Venus, though under the Sign of Aries, provokes, Pain and  
 and therefore chiefly appropriated to the Head. It Griping of the Belly,  
 again provoketh Urine and the Terms, & easeth the gri- Cramps, Ruptures, In-  
 ing pains of the Belly, Cramps, Ruptures, and In- inflammations, Liver,  
 and, inflammations of the Liver. If you make a Vinegar of Pains of the Head,  
 the Herb, as Vinegar of Roses is made, you may Frenzies, Lethargies,  
 out the way in my Translation of the London Blood, Coughing, Vo-  
 nflu-Dispensatory, and anoint the Head with it, it pre- miting, Head streng-  
 of sently stops the pains thereof. It is excellent good theneth, Stomach,  
 pres to be given either in a Frenzy or Lethargy, altho' Reins, Womb, Wind,  
 be they are two contrary Diseases. It helps spitting and Stone.  
 een pissing of Blood, Coughing and Vomiting, it comforts and strengthens  
 in the Head, Stomach, Reins and Womb, expels Wind, and breaks the Stone.

### Tormentill, or Setfoyl.

Descript.] **T**His hath many reddish, slender weak Branches rising from the  
 Root, lying upon the Ground, or rather leaning than standing  
 upright, with many short Leaves that stand closer to the stalks than Cinquefoyl do  
 (with this is very like) with the Foot-stalk encompassing the Branches in several  
 places, but those that grow next to the ground, are set upon long Foot-sticks, each  
 whereof are like the leaves of Cinquefoyl, but somewhat long and lesser, and dented  
 about the edges, many of them divided but into five Leaves, but most of them  
 into seven, whence it is also called Setfoyl, yet some may have six, and some eight,  
 according to the fertility of the Soyl. At the tops of the Branches stand divers small  
 yellow Flowers consisting of five leaves, like those of Cinquefoyl, but smaller. The  
 Root is smaller than Bistort, somewhat thick but blacker without, and not so red  
 within, yet sometimes a little crooked, having many blackish Fibres thereat.

Place.] It groweth as well in Woods and shadowy places, as in the open  
 Charn-

Champion Country, about the borders of Fields in many places of the Land, and almost in every Broom-Field in Essex.

Time. ] It Flowreth all the Summer long.

Government and Vertues. ] This is a gallant Herb of the Sun. Tormentil

is most excellent to stay all kinds of Fluxes of Blood or Humours in Man or Woman, whether at Nose, Mouth, Belly or any Wound in the Veins or elsewhere. The Juyce of the Herb or Root taken in drink, not only resisteth all Poison and Venom of any Creature, but of the Plague it self, and Pestilential Feavers and contagious Diseases, as the Pox, Measles, Purples, &c. expelling the Venom and Infection from the Heart by sweating. If the green Root be not at hand to be had, the Powder of the dry Root is as effectual, a dram thereof being taken every morning. The Decoction likewise of the Herb and Roots made in Wine and drink worketh the same effect; and so doth the distilled water of the Herb and Root, being steeped in Wine for a night, and then distilled in *Balneo Mariae*. The water thus distilled, taken with some Venice Treacle, and the party presently laid to sweat, will certainly (with God's help) expel any Venom or Poison, or the Plague, Feaver, &c. for it is an Ingredient of especial respect in all Antidotes or Counter-Poyson. There is not found any Root more effectual to help any Flux of the Belly, Stomach, Spleen or Blood, than this, to be taken inwardly, or applied outwardly. The Juyce taken, doth wonderfully open Obstructions of the Liver and Lungs, and thereby in short space helpeth the Yellow Jaundies: some use to make Cakes hereof as well to stay all Fluxes, as to restrain all Cholerick Belchings, and much Vomiting with loathings in the Stomach. The Powder of the dried Root made up with the white of an Egg, and baked upon a hot Tile will do it. *Andreas Valesius* is of opinion that the Decoction of this Root is no more less effectual to cure the French Pox than *Guajacum* or *China*; and 'tis not unlikely, because it so mightily resisteth Putrefaction. *Label* saith, That *Fandelinius* used it as *Hermodeasilis* for Joynt-aches: the Powder also or Decoction to be drunk, or to sit therein as a Bath, is an assured Remedy against Abortion in Women, if it proceed from the over flexibility or weakness of the inward retentive Faculty, as also a Plaster made therewith, and Vinegar applied to the Reins of the Back, doth much help not only this. but also those that cannot hold their Water, the Powder being taken in the Juyce of Plantane, and is also commended againk the Worms in Children. It is very powerful in Ruptures and Burstings; as also for Bruises and Falls, to be used as well outwardly as inwardly. The Root hereof made up with *Pellitory of Spain* and Allum, and put it into an hollow Tooth, not only asswageth pain, but stayeth the Flux of Humours which caused it. Tormentil is no less effectual and powerful a Remedy for outward Wounds, Sores and Hurts, than



for inward, and is therefore a special Ingredient meet to be used in  
and-drinks, Lotions and Injections, for foul corrupt rotten Sores and  
of the Mouth, Secrets or other parts of the Body. And to put ei-  
the Juyce or Powder of the Root into such Oynments, Plaisters, and  
things that are to be applied to Wounds and Sores. It also dissolveth  
mots, Kernel and Hardness gathered about the Ears and Throat, and  
s, and the Kings-Evil, if the Leaves and Roots be bruised and applied  
thereto. The same also easeth the pains of the Sciatica or Hip-Gout, by re-  
moving the sharp Humors that flow thereto. The Juyce of the Leaves and  
Roots used with a little Vinegar, is also a special Remedy against the  
stinging Sores of the Head or other parts; Scabs also and the Itch, or any  
Eruptions in the Skin, proceeding of salt and sharp humors. The same  
is effectual for the Piles or Hemorrhoids, if they be washed or bathed  
therewith, or with the distilled Water of the Herb and Roots. It is found  
helpful to dry up any sharp Rheum that distilleth from the Head in-  
to the Eyes, causing redness, pain, waterings, Itching or the like, if a little  
pared Tutia or white Amber be used with the distilled Water thereof.  
any Women use this water as a secret to help themselves and others  
when they are troubled with too much flowing of the Whites or Reds,  
th to drink it, and inject it with a Syringe. And here's enough, only  
remember the Sun challengeth the Herb.

Turnsole, or Heliotropum.

[descript.] **T**HE greater Turnsole riseth up with one upright stalk about a  
foot high, or more, dividing it self almost from the bottom into  
several smaller Branches, of a hoary colour, at each Joynt of the stalk and branch  
grow two small broad Leaves, somewhat white or hoary also. At the tops of  
the stalks and branches stand many small white Flowers consisting of four, and  
sometimes five very small leaves, set in order one above another, upon a small  
hooked spike, which turneth inward like a bowed finger, opening by degrees as  
the Flowers blow open; after which in their places come forth corner'd Seed,  
four for the most part standing together. The Root is small and thready, perish-  
ing every year, and the Seed shedding every year, raiseth it again the next spring.

[Place.] It groweth in Gardens, and flowreth and seedeth with us in  
England, notwithstanding it is not natural to this Land, but to Italy,  
Spain and France, where it grows plentifully.

[Government and Vertues.] 'Tis an Herb of the Sun, and  
a good one too. Dioscorides saith, That a good handful of Choler, Flegm,  
this, which is called the great Turnsole, boiled in Water Stone, Disury,  
and drunk, purgeth both Choler and Flegm. And boil- Terms provokes,  
ed with Cumin and drunk, helpeth the Stone in the Reins, Gouts, Warts,  
Kidnies, or Bladder, provoketh Urine and Womens Wenns, Disjun-  
courses, and causeth an easie and speedy delivery in Child- stures.

birth. The Leaves bruised and applied to places pained  
with the Gout, or that have been out of Joynt and newly set, are full of  
pain

pain, do give much ease. The Seed and Juice of the Leaves also being rubbed with a little Salt upon Warts, Wens, and other hard Kernels in the Face, Eye-lids, or any other part of the Body, will by often using take them away.

### Meadow Trefoyl, or Honey-suckles.

98 **I**T is so well known, especially by the Name of Honey-suckles, white and red, that I need not describe them.

*Place.*] They grow almost every where in the Land.

*Government and Vertues.*] Mercury hath Dominion over the common sorts, *Dodeneus* saith, the Leaves and Flowers are good to ease the griping pains of the Gout, the Herb being boiled and used in a Clyster.

*Belly-ach, In-* If the Herb be made into a Pulvis, and applied to Inflammations, it will ease them. The Juice dropped into the Eyes, *Pin and Web,* is a familiar Medicine with many Country People to take away the Pin and Web (as they call it) in the Eye, it also al-

layeth the heat and blood-shooting of them. Country People do also in many places drink the Juice thereof against biting of an Adder, and having boiled the Herb in Water, they first wash the place with the Decoction, and then lay some of the Herb also to the hurt place. The Herb also boiled in Swines-grease and so made into an Ointment, is good to apply to the biting of any venomous Creature. The Herb also bruised and heated between two Tiles, and applied hot to the Share, causeth them to make Water who had it stop before. It is held likewise to

*Venemous Beast,* be good for wounds, and to take away Seed. The Decoction *Dysury Wounds,* of the Herb and Flowers with the Seed and Root taken for Scars, Whites, sometimes helpeth Women that are troubled with the Swellings, *Im-* Whites. The Seed and Flowers boiled in Water, and after *posthumes.* made into a Pulvis with some Oyl and applied, helpeth hard Swellings and Imposthumes.

### Heart Trefoyl.

**B**ESIDES the ordinary sort of Trefoyl, here are two more remarkable, and one of which may probably be called Heart Trefoyl, not only because the Leaf is triangular like the Heart of a Man, but also because each Leaf contains the perfect Icon of a Heart, and that in its proper colour, viz. a flesh colour.

*Place.*] It groweth in a Field between Longford and Bow, and also beyond Southwark toward Croydon, both by the High-way and parts adjacent.

*Government and Vertues.*] It is under the Dominion of the Sun, and if it were used, it would be found as great a *eth vital Spirit,* strenghthener of the Heart, and cherisher of the vital Spirit *Fainting, Sworn-* as grows, relieving the Body against Faintings and Swoonings, *Poyson, Pe-* ings, fortifying it against Poysons and Pestilence, and *de-* stitence, *evil Va-* fending the Heart against the noisom Vapors of the Spleen. *pours.* Pearl-

Pearl-Trefoyl.

It differs not from the common sort, save only in this one particular, that it hath a white spot in the leaf like a Pearl. It is particularly under the dominion of the Moon, and its Icon sheweth Pin and Web in the Eyes.

Tutian, or Park-Leaves.

**Descript.]** It hath many brownish shining round stalks, crested all the length thereof, rising two by two, and sometimes three foot high, branching forth even from the bottom, having divers Joynts, and at each of them two or three large leaves standing, of a dark blewish green colour on the upper side, and of a yellowish green underneath, turning reddish towards Autumn, but abiding on the branches all the Winter. At the tops of the stalks and branches stand large yellow Flowers, and heads with Seed, which being greenish at the first, and afterwards reddish turn to be of a blackish purple colour when they are ripe, with small brownish Seed within them, and then yeild a reddish juyce or liquor, of a reasonable good scent, somewhat resinous, and of a rash and stiptick taste, as the leaves also and the Flowers be, although much less, but do not yield such a clear Claret Wine colour as some say it doth: The Root is brownish, somewhat great, hard and woody, spreading well in the Ground.

**Placee.]** It groweth in many Woods, Groves and woody Grounds, as Parks and Forrests, and by Hedge-sides in many places in this Land, as in Hamstead Wood; by Ratley in Essex, in the wild of Kent, and in many other places needless to recite.

**Time.]** It flowreth latter than St. John's, or St. Peters-wort.

**Government and Vertues.]** It is an Herb of Saturn, and a most noble Antivenerean. Tutian purgeth Cholerick Humors, as St. Peters-wort is said to do, for therein it worketh the same effects, both to help the Sciatica and Gout, and to heal burnings by Fire: It stayeth also the Bleedings of Wounds, if either the green Herb be bruised, or the Powder of the dry be applied thereto. It hath been accounted and certainly is a Sovereign Herb to heal any Wound or Sore either outwardly or inwardly, and therefore always used in Drinks, Lotions, Balms, Oyls, Oynments, or any sort of green Wounds, or old Ulcers, or Sores, in all which the continual experience of former Ages hath confirmed the use thereof to be admirable good, tho it be not so much in use now, as when Physitians and Chyrurgions were so wise as to use Herbs more than now they do.

Garden Valerian.

**Descript.]** It hath a thick short grayish Root, lying for the most part above ground, shooting forth on all sides, other such like small pieces

pieces or Roots, which have all of them many long and great Strings and fibres under them in the ground, whereby it draweth nourishment. From the head these Roots spring up many green Leaves, which at first are somewhat broad and long, without any division at all in them, or denting on the edges; but those that rise up after, are more and more divided on each side, some to the middle rib, being winged, as made on many leaves together on a stalk, and those upon the stalk in like manner are more divided, but smaller towards the top than below; the stalk riseth to be a yard high or more, sometimes branched at the top with many small whitish Flowers, sometimes dashed over at the edges with a pale purple colour, of a little scent: which passing away, there followeth small brownish white Seed that is easily carried away with the Wind. The Root smelleth more Arabian than either Leaf or Flower, and is of more use in Medicine.

*Place.*] It is generally kept with us in our Gardens.

*Time.*] It flowreth in June and July, and continueth flowering until the Frost pulls it down.

*Government and Virtues.*] This also is under the Influence of Mercury. Dioscorides saith, That the Garden Valerian, *Stitch*, hath a warming faculty, and that being dried and given in Term provokes drink, it provoketh Urine, and helpeth the Stranguary: The *Breasts*, short Decoction thereof taken, doth the like also, and taketh Wind, Cough, away pains of the sides, provoketh Womens courses, and *Flegm*, Peste- is used in Antidotes. Pliny saith, That the Powder of the lence, Wind. Root given in Drink, or the decoction thereof taken, helpeth all stoppings and stranglings in any part of the Body

whether they proceed of pains in the Chests or sides, and taketh them away. The Root of Valerian boiled in Liqueurish, Raisins, and Anniseed is singular good for those that are short-winded, and for those that are troubled with the Cough, and helpeth to open the passages, and to expectorate Flegm easily. It is given to those that are bitten or stung by any Venomous Creature, being boiled in Wine. It is of especial Vertue against the Plague, the Decoction thereof being drunk, and the Root being used to smell unto. It helpeth to expel the Wind in the Belly. The green Herb with the Root taken fresh, being bruised and applied to the

*Head-ach*, Eyes Head, taketh away the pains and prickings therein, stayeth *Pin and Web*, Rheum and thin Distillations, and being boiled in white *Wounds*, Splin- Wine, and a drop thereof put into the Eye, taketh away *ters*, *Thorns* the dimness of the Sight, or any Pin or Web therein: It is of excellent property to heal any inward sores or wounds, as also for outward hurts or wounds, and draweth away Splinters or Thorns out of the Flesh.

### Vervain.

*Descript.*] **T**he common Vervain hath somewhat long and broad Leaves next the Ground, deeply gashed about the edges, and some only deeply dented, or cut all alike, of a blackish green colour on the upper side, and



and fibre somewhat gray underneath. The Stalk is square branched into several parts, about two foot high, especially if you reckon the long spike of Flowers at tops of them, which are set on all sides one above another, and sometimes two or three together, being small and gaping, of a purplish blue colour, and white le ribs mixt; after which come small round Seed, in small and somewhat long the stalks: The Root is small and long but of no use.

place.] It groweth generally throughout this Land in divers places, by Hedges and Way-sides, and other waste Grounds.

time.] It flowreth about July, and the Seed is ripe soon after.

government and Vertues.] This is also an Herb of Venus, and an excellent for the Womb, to strengthen it, and remedy all the cold griefs of it, stantane doth the hot; the Herb bruised and hung about the Neck, helps Head-ach. Vervain is hot and dry, bitter, opening Obstructions, cleansing, and healing; It helpeth the Yellow Obstructions, the Dropie, and the Gout, the defects of the Cleansing, Heat, and Lungs, and generally all inward Pains and Torments, the Leaves being boiled and drunk. Faindice, Vervain is held to be good against the biting of Serpents, venomous Beasts, other Venemous Beasts; and against the Plague and Pestilence, Agues, Tertian and Quarran Agues, killeth and expelleth gues, Worms, in the Belly, and causeth a good colour in the Face Cough, shortness of the Body, strengtheneth as well as correcteth the Diseases of Breath, Wheezing, the Liver and Spleen, is very effectual in all Diseases of the Stomach and Lungs, Coughs, shortness of Breath, Reins, Bladder, Wheezings, and is singular good against the Dropie, Womb, Dropsie, is no less prevalent for the defects of the Reins and Bladder, Wounds, Ulcers, to cleanse them of those Humours that ingender the Fistulae, Head-ach, Frensie, Morphew, Freckles, and helpeth to break the Stone, and to expel Gravel, and used with Eyes.

In consolidareth and healeth also all Wounds both inward and outward, and stayeth Bleedings, and used with Honey, healeth all old Ulcers and Fistulae in the or other parts of the Body; as also those Ulcers that happen in the Secret Parts in Man or Woman, as also for the Piles and Hemorrhoids: applied with some Oyl of Roses and Vinegar unto the Forehead and Temples, it easeth the inveterate Pains and Ach of the Head, and is good for those that are Frantick. The Leaves bruised, or the Juice of them mixed with some Vinegar, doth wonderfully cleanse the Skin, and taketh away Morphew, Freckles, Fistulae, and other such like Inflammations and Demiries of the Skin in any part of the Body. The Distilled Water of the herb when it is in its full strength, dropped into the Eyes, cleanseth them from Films, Clouds or Mists, that darken the Sight, and wonderfully strengtheneth the Optick Nerves: The said Water is very powerful in the Diseases aforesaid, either inward or outward, whether they be old or new, or green Wounds.

## The Vine.

**T**He Leaves of the English Vine (I do not mean to send you to the Canaries for a Medicine) being boiled make a good Lotion for sore Mouths; being boiled with Barley Meal into a Pultis, it cools Inflammation of Wounds; the propping of the Vine when 'tis cut in the Spring, which Country People call Tears, being boiled into a Syrrup with Sugar and taken inwardly, is excellent for Womens long-stay Womens longings after every thing they see, which is a Disease many Women with Child are subject to. The Teeth black, Decoction of Vine Leaves in White Wine doth the like. Also the Tears of the Vine drunk, two or three Spoonfull at a time, breaks the Stone in the Bladder. This is a very good Remedy, and it is discreetly done to kill a Vine to cure a Man: but the Salt of the Leaves is held to be better. The ashes of the burnt branches will make Teeth that are black as a Cole to be as white as Snow; if you but every morning rub them with it. It is a most gallant Tree of the Sun, very Sympathetical with the Body of Man, and that's the reason, Spirit of wine is the greatest Cordial among all Vegetables.

## Violets.

**B**oth the Tame and the Wild are so well known, that they need no Description.

*Time.* They flower until the end of July, but are best in March, and the beginning of April.

*Governments and Vertues.* They are a fine pleasing Plant of Venus, of a mild Nature, no way harmful. All the Violets are cold and moist while they are fresh and green, and are used to cool any heat or distemperature of the Body either inwardly or outwardly, as Inflammations in the Eyes, in the Matrix or Fundament, in Imposthumes also, and hot Swellings to drink the decoction of the Leaves or Flowers made with water in Wine, or to apply them Pultis-wise to the grieved place, it likewise easeth pains in the Head, caused through want of sleep; or in any other place arising of Heat, being applied in the same manner, or with Oyl of Roses. A dram weight of the dried leaves or flowers of Violets (but the Leaves more strongly) doth purge the Body of Cholerick humors, and asswageth the heat being taken in a draught of Wine or any other drink: The Powder of the purple leaves of the Flowers only pickt and dried, and drunk in water is said to help the Quinsie, and the Falling Sicknefs in Children, especially in the beginning of the Disease. The Flowers of the white Violets ripen and dissolve swellings. The Herb or Flowers while they are fresh, or the Flowers

wers when they are dry, are effectual in the Pleurisie, and all Diseases of the Lungs, to lenesie the sharpness of hot Rhumes, and the hoarsness of Throat, the heat also and sharpness of Urine, and all pains of the Back Reins, and the Bladder. It is good also for the Liver and the Jaundice in all hot Agues to cool the heat and quench the thirst; but the Syrup of Violets is of most use, and of Better effect being taken in some convenient Liqueur; and if a little of the Juice or Syrup of Lemmons be put to it, a few drops of the Oyl of Vitriol, it is made thereby the more powerful to cool the heat, and quench the thirst, and giveth to the drink a Clarre colour, and a fine tart relish, pleasing the tast. Violets taken or made with honey, do more cleanse and cool, and with Sugar contrariwise. The dried Flowers of Violets are accounted amongst the Cordial Drink, Powders, and other Medicines, especially where cooling Cordials are necessary. The green Leaves are used with other Herbs, to make Plaisters and Pulvisses of Inflammations and Swellings, and to ease pains wheresoever, arising from heat, and for the Piles also being fried with yolks of Eggs, and applied thereto.

### Vipers Bugles,

[*Script*] **T**His bath many long rough Leaves lying on the Ground, from among which rise up divers hard round Stalks, very rough as if they were thick set with prickles or hairs, whereon are set such like long rough hairy prickly sad green Leaves, somewhat narrow; the middle Rib for the most part being white. The Flowers stand at the top of the Stalk, branched forth into many long spiked Leaves of Flowers, bowing or turning like the Turnsole, all of them opening for the most part on the one side, which are long and hollow, turning up the brims a little of a purplish Violet colour in them that are fully blown, but more reddish while they are in the bud, as also upon their decay and Withering: but in some places of a paler purple colour, with a long pointel in the middle, feathered apart at the top. After the Flowers are fallen, the Seeds growing to be ripe, are blackish cornered and pointed somewhat like unto the head of a Viper. The Root is somewhat great and blackish, and woolly, when it groweth toward Seed time, and perisheth in the Water.

There is another sort little differing from the former, only in that it beareth white Flowers.

[*Place*.] The first groweth wild almost every where. That with white flowers about the Castle-walls in Lewis in Suffex.

[*Time*.] They flower in summer, and their Seed is ripe quickly after.

[*Government and Vertues*.] It is a most gallant Herb of the Sun, it is pity it is no more in use than it is. It is an especial Remedy against the biting of the Viper, and all other Venomous Beasts or Serpents, as also against Poyson or Poysonous Herbs. *Discorides* and others say, That whosoever shall take of the Herb or Root before they be bitten, shall not be hurt by the Poyson of any Serpent. The Root or Seed

Venemous  
Beasts Poyson,  
Heart, Sadness,  
Melancholy,  
Agues, Milk.

*Loins,* are thought to be most effectual to comfort the Heart and expel  
*Back,* sadness, or cause less Melancholy, it tempers the Blood, and allay  
*Kidnies.* eth hot fits of Agues. The Seed drunk in Wine, procureth abundance  
 of Milk in Womens Breasts. The same also being taken  
 easeth the pains in the Loins, Back and Kidnies. The distilled Water of the  
 Herb when it is in flower, or its chiefest strength, is excellent to be applied  
 either inwardly or outwardly for all the griefs aforesaid. There is a Syrup  
 made hereof very effectual for the comforting of the Heat, and expelling  
 Sadness and Melancholy.

### Wall-Flowers, or Winter Gilli-Flowers.

**101** **T**He Gardens kind are well known that they need no Description.  
**Descript. ]** *The common single Wall-Flowers, which grow Wild abroad,*  
*have sundry small, long, narrow and dark, green Leaves, set without order, upon*  
*small, round, whitish woody stalks, which bear at the tops divers single yellow*  
*Flowers one above another, every one bearing four Leaves a piece, and of a very*  
*sweet scent: after which come long Pods, containing reddish Seed. The Root is*  
*white, hard, and Thirddy.*

**Place. ]** It groweth upon Church-walls, and old walls of many Houses and  
 other stone Walls in divers places. The other sorts in Gardens only.

**Time. ]** All the single kinds do flower many times in the end of Autumn,  
 and if the Winter be mild all the Winter long, but especially in the Months  
 of *February, March, and April,* and until the heat of the Spring do spend  
 them. But the double kinds continue not flowering in that manner all the  
 year long, although they flower very early sometimes, and in some places  
 very late.

**Government and Vertues. ]** The Moon rules them. Galen in his seventh  
 Book of simple Medicines saith, that the yellow Wall-flowers work more  
 powerfully than any of the other kinds, and is therefore of more use to Phy-  
 sick. It cleanse the Blood, and freeth the Liver and Reins  
 from Obstruction, provoketh Womens Courses, expelleth  
 the Secundine and dead Child, helpeth the hardness and  
 pains of the Mother, and of the Spleen also, stayeth Inflam-  
 mations and Swellings comforteth and strengtheneth any  
 weak part, or out of Joynt: helpeth to cleanse the Eye  
 from mistiness and Films on them, and to cleanse the Eyes,  
 filthy Ulcers in the Mouth, or any other part, and is a  
 singular Remedy for the Gout, and all Aches and Pains in  
 the Joynts and Sinews. A Conserve made of the Flowers  
 is used for a Remedy both for the Apoplexy and Palsie.

*Obstructions, Li-*  
*ver, Terms pro-*  
*vokes, After*  
*birth, Child,*  
*Spleen, weakness,*  
*disjuncture,*  
*Gout, Sinews*  
*Apoplexy,*  
*Palsie.*

### The Walnut Tree.

**102** **I**T is so well known, that it needeth no Description.  
**Time. ]** It blossometh early before the Leaves come forth, and the Fruit  
 is ripe in September.

Govern-



Government and Vertues. ] This also is a Plant of the Sun. Let the Fruit be gathered accordingly, which you shall find to be of most Vertues if they are green before they have shells. The Bark of the Tree doth and dry very much, and the Leaves are much of the same temperature: but the Leaves when they are older, are heating Binds, drying in the second degree, and harder of digestion than Dries, when they are fresh, which by reason of their sweetness, are Worms expelling more pleasing, and better digesting in the Stomach: and taken Poyson, with sweet Wine, they move the Belly downwards: but being Epidemical they grieve the stomach: and in hot bodies cause Choler to Disca- bound, and the Head-ach, and are an enemy to those that have ses in- the Cough: but are less hurtful to those that have a colder sto- flamation mach, and are said to kill the broad Worms in the Belly or sto- in the mach. If they be taken with Onions, Salt and Honey, they Throat, help the biting of a mad Dog, or the Venom, or infectious Poy- Wounds of son of any Beast, &c. Oneus Pompeius found in the Treasury of the Sinews, Mithridates Kings of Pontus, when he was overthrown, a Scrowl Gangreens, of his own hand writing, containing a Medicine against any Carbuncles Poyson and Infection, which is this: Take two dry Walnuts Flux, and as many good Figs, and twenty Leaves of Rheu bruised and Terms stops beaten together with two or three corns of Salt, and twenty Ju- Baldness, niper-berries which taken every Morning fasting preserveth Quinsie, from danger or Poyson and infection that day it is taken. The Tooth-ach, Juycce of the other green Husks boyled with Honey, is an ex- Cholick, cellent Gargle for sore Mouths, the heat and Inflammation in the Mother, Throat and Stomach. The Kernels when they grow old, are Wind, more oily, and therefore not so fit to be eaten, but are then used Agues, to heal the Wounds of the Sinews, Gangreens, and Carbuncles. Deafness, The said Kernels being burned, are then very astringent and will Ears, then stay Lasks and Womens Courtes, being taken in red Wine, and stay the falling of the hair, and make it fair, being anointed with Oyl, and Wine. The green husks will do the like, being used in the same manner. The Kernels beaten with Rue and Wine, being applied, helpeth the Quinsy: and bruised with some honey, and applied to the Ears, easeth the pains and Inflammations of them. A piece of the green husks put into a hollow Tooth, easeth the Pains. The Carkins hereof taken before they fall off, dried, and given a dram thereof in Powder with white Wine, wonderfully helpeth those that are troubled with the rising of the Mother. The Oyl that is pressed out of the Kernels, is very profitably taken inwardly like Oyl or Almonds to help the Cholick, and to expel wind very effectually, an ounce or two thereof may be taken at a time. The young green Nuts taken before they be half ripe, and preserved with Sugar, are of good use for those that have weak Stomachs, or Defluxions thereon. The distilled water of the green husks before they be half ripe is of excellent use to cool the heat of Agues being drunk an once or two at a time; as also to resist the Infection of the Plague, if some thereof be also applied to the Sores thereof. The same also

also cooleth the heat of green Wounds and old Ulcers, and healeth them, he being bathed therewith. The distilled Water of the green husks being ripe, when they are shelled from the Nuts, being drunk with a little Vinegar, is alio found by Experience to be good for those that are infected with the Plague, so as before the taking thereof a Vein be opened. The said Water is very good against the Quinzy, being gargled and bathed therewith, and wonderfully helpeth Deafness, the Noise, and other pains in the Ears. The hot, distilled Water of the young green Leaves in the end of May, performeth a singular Cure on foul running Ulcers and Sores, to be bathed with wet cloath, or sponges applied to them every morning.

### Wold, Weld, or Dyers Weed.

**Descript. ]** The common kind groweth bushing with many Leaves, long, narrow, and flat upon the ground, of a dark blewish green colour, somewhat like unto Wood, but nothing so large, a little crumpled, and as it were round pointed; which do so abide the first year: and the next Spring from among them rise divers round Stalks two or three foot high, beset with many such like Leaves thereon, but smaller, and shooting forth some small branches, which with the stalks carry many small yellow flowers in a long spiked head on the top of them where afterwards come the Seed, which is small and black, inclosed in heads that are divided at the tops into four parts. The Root is long, White and thick, abiding the Winter. The whole Herb changeth to be yellow after it hath been in flower a while.

**Place. ]** It groweth every where by the way-sides, in moist grounds as well as dry, in corners of Fields and By-lanes, and sometimes all over the Field. In *Suffex* and *Kent* they call it Green-weed.

**Time. ]** It is in Flower about June.

**Government and Virtues. ]** *Mathisius* saith, That the Root hereof cutteth tough Phlegm, digesteth raw Phlegm, thinneth gross Humours, dissolveth hard Tumours, and openeth Obstructions. Some do highly commend it against the bitings of Venemous Creatures, to be taken inwardly, and applyed outwardly to the hurt place: as also for the Plague or Pestilence. The People in some Countries of this Land, do use to bruise the Herb, and lay it to Cuts or Wounds in the hands or legs to heal them.

### Wheat.

**A**LL the severall kinds hereof are so well known unto almost all People, that it is altogether needless to write any Description thereof.

**Government and Virtues. ]** It is under *Venus*. *Dioscorides* saith, That to eat the Corus of green Wheat is hurtful to the Stomach, and breedeth Worms. *Pliny* saith, That the Corus of Wheat roasted upon an Iron Pan, and eaten, is a present Remedy for those that are chilled with Cold. The Oyl pressed from Wheat between two thick plates of Iron or Copper heated, healeth all Tettors and Ring-worms, being used warm, and hereby *Galen* saith

Cold,  
Tettors,  
Ring-  
worms,  
Ulcers.

ch then, he hath known many to be cured. *Matbiolus* commendeth  
 ng ripe same to be put into hollow Ulcers to heal them up and it is  
 egar, and for Chops in the hands and feet, and to make rugged skin  
 with tooth. The green Corns of Wheat being chewed and appli-  
 Water to the place bitten by a mad Dog, healeth it, slices of Wheat-  
 th, and soaked in red Rose-water, and applied to the Eyes that  
 e. The hot, red and inflamed, or blood-shotten, helpeth them. Hot  
 meth had applied for an hour at a time for three days together,  
 cloath perfectly healeth the Kernels in the Throat commonly called  
 e Kings-Evil. The Flower of Wheat mixed with the juyce of  
 mbane, stayeth the flux of humors to the Joynts, being laid  
 reon. The said Meal boiled in Vinegar, helpeth shrinking  
 the Sinews, saith *Pliny*; and mixed with Vinegar and boiled  
 y together, healeth all Freckles, Spots and Pimples, on the  
 ce. Wheat flower, mixed with the Yolk of an Egg, Honey  
 d Turpentine, doth draw, cleanse and heal any Boyl, Plague-  
 e, or foul Ulcer. The Bran of Wheat-meal steeped in sharp  
 megar, and then bound in a linnen Cloth, and rubbed on those places that  
 ve the Scurf, Morpew, Scabs or Leprosie, will take them away the bo-  
 being first well purged and prepared. The Decoction of the Bran of  
 Wheat or Barley, is of good use to bathe those places that are Bursten by  
 Rupture: and the said Bran boiled in good Vinegar, and applied to swoln  
 reasts, helpeth them and stayeth all Inflammations. It helpeth also the bi-  
 ngs of Vipers (which I take to be no other than our English Adder) and  
 all other Venemous Creatures. That Loaves of Wheat-meal applied with  
 some Salt, taketh away hardness of the Skin, Warts and hard knots in the  
 flesh. Starch moistned with Rose-water, and laid to the Cods, taketh away  
 their Itching. Wafers put in water and drunk, stayeth the Lask and bloody  
 Flux, and is profitably used both inwardly and outwardly for the Ruptures  
 in Children. Boiled in water unto a thick Jelly and taken, it stayeth spit-  
 ting Blood: and boiled with Mints and Butter, it helpeth the hoariness of  
 the Throat.

Chops in  
 the Hands  
 and Feet,  
 mad Dogs,  
 Eyes,  
 Kings  
 Evil,  
 Sinews,  
 Pestilence,  
 Scabs,  
 Leprosie,  
 Veremous  
 Beasts,  
 Cods,  
 Hoarse-  
 ness.

The Willow-Tree.

These are so well known, that they need no Description: I shall there-  
 fore only shew you the Virtues thereof.

*Government and Virtues.* ] The Moon owns it. Both the Leaves, Bark,  
 and the Seed, are used to stanch Bleeding of Wounds, and at Mouth and  
 Nose, Spitting of Blood, and other Fluxes of Blood in  
 Man or Woman, and to stay Vomiting, and provocation Stanch Bleeding,  
 thereunto, if the Decoction of them in Wine be drunk. It spitting of Blood,  
 helpeth also to stay thin, hot, sharp salt distillations from Fluxes of Blood,  
 the Head upon the Lungs causing a Consumption. The Vomiting, distil-  
 Leaves bruised with some Pepper, and drunk in wine much lations on the  
 helpeth the wind cholick. The Leaves bruised and boiled Lungs, Wind-  
 in wine and drunk, stayeth the heat of Lust in Man or Cholick, heat of  
 Woman

*Lust, dimness of sight and other Diseases in the Eyes, clear the Face, dry up Humors, Warts, Corns and superfluous Flesh Scurf or Dandrif, Fever.*

Women, and quite extinguisheth it, if it be long used: the Seed is also of the same effect. The water that is gathered from the Willow when it flowreth, the Bark being sliced and a fitting Vessel to receive it, is very good for redness and dimness of Sight, for Films that grow over the Eyes and stay the Rhumes that fall into them; to provoke Urine being stopped, if it be drunk; to clear the Face and Skin from spots and discolourings. Galen saith, the Flowers have an admirable faculty in drying up humors, being a Medicine without any sharpness or Corrosion, You may boyl them in white Wine, and drink as much as you will (so you drink

not your self drunk) The Bark works the same effects, if used in the same manner, and the Tree hath always a Bark upon it, though not always Flowers, The burnt ashes of the Bark being mixed with Vinegar, take away Warts, Corns and superfluous flesh, being applied to the place. The Decoction of the Leaves or Bark in Wine, takes away Scurf or Dandrif by washing the place with it. 'Tis a fine cool Tree, the boughs of which are very convenient to be placed in the Chamber of one sick of a Fever.

### Woad.

**Descript. ]** *It hath divers large Leaves, long and somewhat broad withal, like to those of the greater lantane, but larger, thicker, of a greenish colour, and somewhat blew withal. From among which Leaves riseth up a lusty stalk three or four foot high, with divers Leaves set thereon; the higher the stalk riseth the smaller are the Leaves, at the top it spreadeth into divers branches, at the end of which appear very pretty little yellow flowers; and after they pass away like other flowers of the Fields, come Husks, long and somewhat flat withall; in form they resemble a tongue, in colour they are black, and they hang bobbing downwards. The seed contained within these Bulks (if it be a little chewed) gives an azure colour. The Root is white and long.*

**Place. ]** It is sowed in Fields for the benefit of it, where those that sow it cut it three times a year.

**Time. ]** It flowereth in June, but is long after before the Seed is ripe.

**Government and Vertues. ]** It is a cold and dry Plant of Saturn. Some people affirm the Plant to be destructive to Bees, which if it be, I cannot help it. They say it possesseth Bees with the Flux, but that I can hardly believe, unless Bees be contrary to all other Creatures; I should rather think it possesseth them with the contrary Disease, the herb being exceeding drying and binding. However if any Bees be diseased thereby, the cure is to set Urine by them, but set it in such a Vessel that they cannot drown themselves, which may be remedied, if you put pieces of Cork in it, I told you before the herb was drying and binding, and so drying and binding, that it is not fit to be given inwardly. An Oyntment made thereof stancheth Bleeding. A Plaister made thereof, and applied to the Region of the Spleen and



And I pray you take notice that the Spleen lies on the left  
 takes away the hardness and pains thereof: The Oynt-  
 is excellent good in such Ulcers as abound with moi-  
 and takes away the corroding and fretting humors: It  
 Inflammations, quencheth St. *Antonies* fire, and stayeth  
 fluxions of Blood to any part of the Body.

Bleeding, Spleen,  
 Ulcers, Inflam-  
 mations, St. *An-*  
*thonies* fire, *De-*  
 fluxions of  
 Blood.

Woodblind, or Honey-suckles.

It is a Plant so common, that every one that hath Eyes know them, and  
 he that hath none, cannot read a Description if I should write it.  
 Time. ] They flower in *June*, and the fruit is ripe in *August*.  
 Government and Vertues ] Doctor *Tradition*, that grand Introducer of  
 errors, that hater of Truth, that Lover of Folly, and that mortal Foe to  
 Doctor *Reason*, hath taught the common People to use the Leaves of flow-  
 ers of this Plant in Mouth-water, and by long continuance of time hath  
 grounded it in the Brains of the Vulgar, that you cannot beat it out with  
 beetle: All Mouth-waters ought to be cooling and drying, but Honey Suc-  
 cles are cleansing, consuming and digesting, and therefore no wayes fit for In-  
 inflammations: Thus Doctor *Reason*. Again, if you please we will leave Doctor  
*Reason* a while, and come to Doctor *Experience*, a learned Gentleman, and  
 his Brother: Take a Leaf and chew it in your mouth, and you will quickly  
 find it likelier to cause a Sore Mouth or Throat than to cure it. Well then,  
 if it be not good for this, What is it good for? 'Tis good for something  
 for God and Nature made nothing in Vain: It is an Herb of  
*Mercury*, and appropriated to the Lungs; the celestial Crab Lungs af-  
 claims Dominion over it, neither is it a Foe to the Lion: If *sifted*,  
 the Lungs be afflicted by *Jupiter*, this is your Cure: It is fit-  
 ting a Conserve made of the Flowers of it, were kept in every Spleen,  
 Gentlewomans house: I know no better Cure for an Asthma *Provokes*  
 than this: Besides, it takes away the Evil of the Spleen, provokes *Urine and*  
 Urine, procures speedy delivery to Women in Travel, helps *speedy deli-*  
 Cramps, Convulsions and Palsies, and whatsoever griefs come *very in*  
 of cold or stopping: If you please to make use of it in an Oynt- *Childbirth*  
 ment, it will clear your skin of Morpew, Freckles and Sun *Cramps*,  
 burnings, or whatsoever else discolours it, and then the Maids will *Convul-*  
 love it. I have done when I have told you what Authors say, *sions and*  
 and cavilled a little with them: They say, the Flowers are of *Palsies*,  
 more effect than the Leaves, and that's true: but they say, the *Freckles*,  
 seeds are least effectual of all: But Dr. *Reason* told me, that *and Sun*  
 there was a Vital Spirit in every seed to beget its like; and Dr. *Burning*.  
*Experience* told me, that there was a greater heat in a seed  
 than there was in any other part of a Plant, and withal, that heat was the  
 Mother of Action, and then Judg if old Dr. *Tradition* ( who may well be  
 honoured for his Age, but not for his goodness ) hath not so poisoned the  
 World with Errors before I was born, that it was never well in its wits  
 since, and there is great fear it will dye mad.

## Wormwood.

103 **T**hrce Wormwoods are familiar with us, one I shall not describe, another I shall describe, and the third be critical at; and I care not greatly if I begin with the last first.

Sea Wormwood hath gotten as many Names as Virtues (and perhaps one more) *Seriphian*, *Santonicon*, *Belchicon*, *Norbonense*, *Xantonicon*, *Misneule*, and a matter of twenty more, which I shall not blot Paper withal. A Papist got the Toy by the end, and he called it Holy Wormwood; and in truth I am of Opinion, their giving so much Holynesse to Herbs, is the reason there remains so little in themselves. The Seed of this Wormwood is that which usually Women give their Children for the Worms: Of all Wormwoods that grow here, this is the weakest; but Doctors commend it, and Apothecaries sell it; the one must keep his Credit, and the other get Money, and that's the Key of the Work. The Herb is good for something, because God made nothing in vain: Will you give me leave to weigh things in the Ballance of Reason? Then thus: The Seeds of the common Wormwood are far more prevalent then the Seeds of this to expel Worms in Children, or People of ripe age: Of both some are weak, some are strong. The *Seriphian* Wormseed is the weakest, and happily may prove to be fittest for the weak Bodies, (for it is weak enough of all Conscience.) Let such as are strong take the common Wormseed, for the others will do but little good. Again, near the Sea, many People live, and *Seriphian* grows near them, and therefore is more fitting for their Bodies, because nourished by the same Air; And this I had from Dr. *Reason*. In whose Body Dr. *Reason* dwells not, dwells Dr. *Madness*, and he brings in his Brethren, Dr. *Ignorance*, Dr. *Folly*, and Dr. *Sickness*, and these together make way for *Death*, and the latter end of that man is worse than the beginning. Pride was the cause of *Adam's* fall; Pride begat a Daughter, I do not know the Father of it, unless the Devil, but she christned it, and called it *Appetite*, and sent her Daughter to taste these Wormwoods, who finding this the last bitter, made the squeamish Wench extol it to the Skies, though the Virtues of it never reached to the middle Region of the Air. Its due praise is this; It is weakest, therefore fitter for weak Bodies, and fitter for those Bodies that dwell near it, than those that live far from it; my reason is, the Sea (those that live far from it, know when they come near it) casteth not such a smell as the Land doth: The tender Mercies of God being over all his Works, hath by his Eternal Providence planted *Seriphian* by the Sea-side, as a fit Medicine for the Bodies of those that live near it. Lastly, It is known to all that know any thing in the course of Nature, that the Liver delights in sweet things, if so it abhors bitter; then if your Liver be weak, it is none of the wisest courses to plague it with an Enemy. If the Liver be weak, a Consumption follows: Would you know the reason? 'tis this, a man's Flesh is repaired by Blood, by a third Concoction, which transmuteth Blood into the Flesh ('tis well I said (Concoction) say I if I had said (boiling) every Cook would have understood me.) The Liver

makes

makes blood, and if it be weakned that it makes not enough, the Fleſh waſteth; and why muſt Fleſh alwaies be renewed? Becauſe the Eternal God when he made the Creation, made one part of it in continual dependency upon another: And why did he ſo? Becauſe himſelf only is permanent; to teach us, that we ſhould not fix our affections upon what is tranſitory, but upon what endures for ever. The reſult of all this is, If the Liver be weak, and cannot make blood enough (I would have ſaid (Sanguifie) if I had written only to Schollars.) The *Seriphian* which is the weakeſt of Wormwoods, it is better than the beſt. I have been critical enough, If not too much.

*Place.*] It grows familiarly in England by the Sea-side.

*Descrip.*] It ſtarts up out of the Earth with many round, woody, hairy ſtalks from one Root, its height is four foot high, or three at leaſt. The Leaves in longitude are long, in latitude narrow, in colour white, in form hoary, in ſimilitude like Southernwood, only broader and longer, in taſte, rather Salt than bitter, becauſe it grows ſo near the Salt water: At the Joynts with the leaves towards the tops it bears little yellow Flowers. The Root lies deep, and is woody.

Common Wormwood I ſhall not deſcribe, for every Boy that can eat an Egg knows it.

Roman Wormwood: And why Roman, ſeeing it grows familiarly in England? It may be it was ſo called, becauſe 'tis good for a ſtinking breath, which the Romans cannot be very free from, maintaining ſo many Bandy Houſes by authority of his Holynels.

*Descrip.*] The ſtalks are ſlender and ſhorter than the common Wormwood by one foot at leaſt; the leaves are more finely cut and divided than they are, but ſomething ſmaller; both leaves and ſtalks are hoary; the Flowers of a pale yellow colour, it is altogether like the common Wormwood, ſave only in bigneſs, for it is ſmaller; in taſte, for 'tis not ſo bitter, in ſmell, for its Spicy.

*Place.*] It groweth upon the tops of the Mountains (it ſeems 'tis aſpiring) there 'tis Natural, but uſually nurſed up in Gardens for the uſe of the Apothecaries in London.

*Time.*] All Wormwoods uſually flower in Auguſt, a little ſooner or later.

*Government and Vertues.*] Will you give me leave to be critical a little? I muſt take leave: Wormwood is an Herb of Mars and if *Pontanus* ſay otherwiſe he is beſides the Bridge. I prove it thus: What delights in Martial places, is a Martial Herb; but Wormwood delights in Martial places (for about Forges and Iron Works you may gather a Cart load of it.) Ergo it is a Martial Herb. It is hot and dry in the firſt Degree, viz. Juſt as hot as your Blood, and no hotter. It Remedies the evils Choler can inflict on the Body of Man by Sympathy. It helps the evils Venus and the wanton Girl produce by Antipathy. And it doth ſomething elſe beſides. It cleaſeth the Body of Choler (and who dares ſay Mars doth no good?) It provokes Urine, helps ſur-

Choler, Venery,  
provokes Urine,  
helps Surfeits,  
Swellings, Ap-  
petite loſt,  
Tel. Jaundice,  
ſeits,

Surfeits, Swellings in the Belly; It causeth an Appetite to Meat, because *Mars* rules the attractive faculty in Man: The Sun never shone upon a better Herb for the Yellow jaundice than this is: why should men cry out so much upon *Mars* for an Infortune (or *Saturn* either?) Did God make Creatures to do the Creation a mischief; this Herb testifies that *Mars* is willing to cure all Diseases he causes; the truth is *Mars* loves no Cowards, nor *Saturn* Fools, nor I neither. Take of the Flowers of Wormwood, Rosemary, and Black-Thorn, of each a like quantity, half that quantity of Saffron: boil this in Rhenish Wine, but put not in the Saffron till it is almost boyled: This is the way to keep a mans body in

*Preserve  
Health,  
Terms*

*Provokes,  
Biting of  
Rats and  
Mice,*

*Mushrooms,  
Wheals,  
Pusshes,  
Black and  
Blew,*

*Spots,  
Quinsie,  
Eyes.*

health, appointed by *Camerarius*, in this Book intituled *Hor- tus Medicus* and 'tis a good one too. Besides all this, Wormwood provokes the Terms. I would willingly teach Astrologers, and make them Physitians (if I knew how) for they are most fitting for the Calling: if you will not believe me, ask *Dr. Hypocrates*, and *Dr. Galen*, a couple of Gentlemen that our Colledge of Physitians keep to vapour with, not to follow. In this one herb I shall give the pattern of a Ruler to the Sons of Art rough cast, yet as near the Truth as the men of *Benjamin* could throw a stone; whereby my Brethren of the Society of Astrologers may know by a penny how a shilling is coyned: (as for the Colledge of Physitians they are too stately to learn, and too proud to continue) They say a Mouse is under Dominion of the *Moon*, and that's the reason they feed in the night: the House of the *Moon* is *Cancer*: (Rats are of the same nature with mice, but they are little bigger) *Mars* receives

his Fall in *Cancer*, *Ergo* Wormwood being an herb of *Mars* is a present Remedy for the biting of Rats and Mice. Mushrooms (I cannot give them the title of *Herba*, *Fatrix*, or *Arbor*) are under the Dominion of *Saturn* (and take one time for another, they do as much harm as good:) if any have Poysoned himself by eating them, Wormwood an Herb of *Mars* cures him, because *Mars* is exalted in *Capricorn* the house of *Saturn*, and this it doth by Sympathy, as it did the other by Antipathy. Wheals, Pusshes, black and blew spots, coming either by Bruises or Beatings, Wormwood an herb of *Mars* helps, because *Mars* (as bad as you love him, and as ill as you hate him) will not break your head, but he'll give you a Plaister. If he do but teach you to know your selves, his Courtesie is greater than this Discourtesie. The greatest Antipathy between the Planets, is between *Mars* and *Venus*: one is hot, the other cold; one Diurnal, the other Nocturnal; one dry, the other moist; their Houses are opposite; one Masculine, the other Feminine; one publick, the other Private; one is valiant the other effeminate; one loves the light, the other hates it; one loves the Field, the other the Sheets: then the throat is under *Venus*, the Quinsie lies in the Throat, and is an Inflammation there: *Venus* rules the Throat (it being under *Taurus* her Sign) *Mars* eradicates all Diseases in the Throat by his Herbs (of which Wormwood is one) and sends them to

*Ægypt*



because Egypt on an errand never to return more : this by Antipathy. The Eyes upon a man under the Luminaries ; the right Eye of a Man, and the left Eye of a woman, the Sun claims Dominion over : The left Eye of a Man, and the right Eye of a Woman, are the Priviledges of the Moon, Wormwood an herb Mars is Mars cures both ; what belongs to the Sun by Simpathy, because he is exalted in his House ; but what belongs to the Moon by Antipathy, because he hath his Fall in hers. Suppose a Man be bitten or stand by a Martial Creature, imagine a Wasp, a Hornet, a Scorpion, Wormwood an Herb of Mars giveth you present Cure : Then Mars as Biting or Choleric as he is, hath learned that patience, to pass by your Stinging by evil speeches of him, and tells you by my Pen, That he gives you Venemous no Affliction, but he gives you a Cure ; you need not run to Beasts. Apollo nor Æsculapius : and if he were so Choleric as you make him to be, he would have drawn his Sword for anger to see the ill conditions of those People that can spy his Vices, and not his Virtues. The Eternal God when he made Mars, made his for publick good, and the Sons of Men shall know it in the latter end of the World, *Et Cælum Mars solus habet*. You say Mars is a Destroyer ; mix a little Wormwood an Herb of Mars with your Ink, and neither Rats nor Mice will touch the Paper is written with it, and then Mars is a preserver. Astrologers say Mars causeth Scabs and Itch, and the Virgins are angry with him, because wanton Venus told them he deforms their skins : but quoth Mars, my only desire is, they should know themselves ; my Herb Wormwood will restore them to the Beauty they formerly had, and in that I will not come an Inch behind my opposite Venus ; for which doth the greatest evil, he that takes away an innate Beauty, and when he had done, knows how to restore it again ? or she that teaches a company of Wanton Lasses to paint their Faces ? If Mars be in a Virgin, in the Nativity, they say he causes the Cholick ( 'tis well God hath set some body to pull down the pride of man.) He in the Virgin troubles none with the Cholick, but them that know not themselves ( for who knows himself, may easily know all the World ) Wormwood an Herb of Mars is a present cure for it : and whether it be most like a Christian to love him for his good ; or hate him for his evil, judge ye. I had almost forgotten that Charity thinks no evil. I was once in the Tower and viewed the Wardrobe, and there was a great many fine Cloths ( I can give them no other title, for I was never either Linnen or Woollen Draper ) yet as brave as they looked, my opinion was, the Moaths might consume them, Moaths are under the Dominion of Mars, this Herb Wormwood being laid amongst Cloaths, will make a Moath scorn to meddle with the Cloath, as much as a Lyon scorns to meddle with a Mouse, or on Eagle, a Fly. You say Mars is angry, and 'tis true enough, he is angry with many Countrymen for being such Fools to be led by the Noses by the Collodge of Physitians, as they lead Bears to Paris Garden. Melancholly Men cannot endure to be wronged in Point of good Fame, and that doth sorely trouble old Saturn because they called him the greatest Infortune : In the body of Man he rules the Spleen ( and

Thar:

that makes Covetous men so Splenetick) The poor old man lies crying out of his left side, Father *Saturn*'s angry, *Mars* comes to him, *Spleen*. Come Brother, I confesse thou art evil spoken of, and so am I; thou knowest I have my exaltation in my House, I give him an Herb of mine, Wormwood, to cure the poor man; *Saturn* consented; but spoke but little, and so *Mars* cured him by Sympathy. When *Mars* was free from War (for he loves to be fighting, and is the best Friend a Soldier hath) I say, when *Mars* was free from War, he called a Councel of War in his own Brain, how to know he should do poor sinful man good, desiring to forget his abutes in being called an Infortune. He musters up his own Forces and places them in Battalia; Oh quoth he, why do I hurt a poor silly Man or Woman? His Angel answers him, 'tis because they have offended their God. (Look back to *Adam*) Well, says *Mars*, though they speak evil of me I'll do good to them; Death's cold, my Herb shall heat them. They are full of ill humors (else they would never have spoken ill of me) my Herb shall cleanse them and dry them: They are poor weak Creatures, my Herb shall strengthen them; they are dull witted, my Herb shall fortifie their Apprehensions; and yet amongst Astrologers, all this doth not deserve a good word; Oh the patience of *Mars*!

*Felix qui potuit rerum cognoscere causas,  
Inque comus superum scandere cura fuit.*

*Oh happy he that can the Knowledg gain,  
To know th' Eternal God made nought in vain.*

To this I add,

*I know the reason causeth such a Dearth  
Of Knowiedg, 'tis because men love the Earth.*

The other day *Mars* told me he met with *Venus*, and he asked her what the Reason was that she accused him for abusing Women, he never gave them the Pox? in the dispute they fell out, and in anger parted, and *Mars* told me that his Brother *Saturn* told him, that an Antivenereian *French Pox*. Medicine was the best against the Pox. Once a Month he meets with the *Moon*, *Mars* is quick enough of speech, and the *Moon* not much behind hand (neither are most Women.) The *Moon* looks much after Children, and Children are most troubled with the worms, she desired a Medicine of him, he bad her take his own Herb Wormwood: He had no sooner parted with the *Moon*, but he met with *Venus*, and she was as drunk as a Bitch; Alas poor *Venus* quoth he, what thou a Fortune and be drunk? I'll give thee an Antipathetical Cure; Take my Herb Wormwood, and thou shalt never get a Surfeit by drinking. A poor silly Countrey man hath got an Ague and cannot go about his business, he wishes he had it not, and so do I, but I'll tell him a Remedy, whereby he may prevent it; Take the Herb of *Mars* Wormwood

*Surfeit, Sinking  
Breath, Dull  
Brain, Weak  
Sight.*

good, and if infortunes will do good, what will fortunes do? Some say the Lungs are under *Jupiter*; and if the Lungs, then the Breath, and yet a man sometimes gets a stinking Breath, and yet *Jupiter* is a Fortune forsooth: Up comes *Mars* to him, come brother *Jupiter*, thou knowest I sent thee a couple of Trines to thy House last Night, the one from *Aries*, and the other from *Scorpio*, give me thy leave by Sympathy to cure the poor man by drinking a draught of Wormwood-Beer every morning. The *Moon* was weak the other day, and she gave a man two terrible mischiefs, a dull Brain, and a weak sight, *Mars* lays by his Sword and comes to her, Sister *Moon*, saith he, This Man hath anger'd thee, but I beseech thee take notice he is but a Fool, prithee be patient I will with my Herb Wormwood cure him of both infirmities by an Antipathy, for thou knowest thou and I cannot agree, with that the *Moon* began to quarrel; *Mars* (not delighting much in Womens Tongues) went away and did it whether she would or no.

He that reads this, and understands what he reads, he hath a Jewel more worth than a Diamond: He that understands it not, is as little fit to give Physick. There lies a Key in these words, which will unlock (if it be turned by a wise hand) the *Cabinet of Physick*: I have delivered it so plainly as I durst: 'tis not only upon Wormwood as I wrote, but upon all Plants, Trees, and Herbs: He that understands it not, is unfit (in my Opinion) to give Physick. This shall live when I am dead; And thus I leave it to the World, not caring a half-penny whether they like or dislike it. The Grave equals all men, and therefore shall equal me with Princes; until which time the Eternal Providence is over me: Then the ill Tongue of a prattling Fellow, or of one who hath more Tongue than Wit, or more Pride than Honesty, shall never trouble me. Wisdom is justified of her Children. And so much for *Wormwood*.

### Yarrow, called also Nose bleed, Milfoyl, and Thousand-leaf.

**Descript.]** *It hath many long Leaves spread upon the Ground, and finely cut and divided into many small parts: Its flowers are white, but not all of a whiteness, and stayed in Knots, upon divers green stalks which rise from amongst the leaves.*

**Place.]** It is frequent in all Pastures.

**Time.]** It flowereth late, even in the later end of *August*.

**Government and Virtues.]** It is under the influence of

*Venus*. An Oyntment of them cures Wounds, and is most fit for such as have Inflammations, It being an Herb of Dame *Venus*; It stops the Terms in Women being boiled in white Wine and the Decoction drunk, as also the Bloody Flux, Baldness, Flux; the Oyntment of it is not only good for green Ulcers, Fistulae, Wounds, but also for Ulcers and Fistulae, especially such as abound with moisture. It stays the shedding of Faculty, Run-Hair, the Head being bathed with the Decoction of it, in- wardly

*Reins, Whites,  
Diabetes,  
Tooth-ach.*

wardly taken it helps the retentive faculty of the Stomack, it helps the running of the Reins in Men, and the Whites in Women, and helps such as cannot hold their Water; and the Leaves chewed in the mouth easeth Tooth-ach; and these Vertues being put together shew the Herb to be drying and binding. *Achiles* is supposed to be the first that left the Vertues of this herb to posterity, having learned them of his Master *Chyron* the Centaure; and certainly a very profitable herb it is in the Cramps, and perhaps therefore called *Militaris*.

## D I R E C T I O N S.

**H**AVING in divers places of this Treatise promised you the way of making Syrups, Conserves, Oyls, Oyntments, &c. of Herbs, Roots, Flowers, &c. whereby you may have them ready for your use at such times when otherwise they cannot be had; I came now to perform what I promised, and you shall find me rather better than worse than my Word.

That this may be done Methodically, I shall divide my directions into two grand Sections, and each Section into several Chapters, and then you shall see it look with such a Countenance as this is.

### Sect. I.

*Of gathering, drying and keeping  
Simples and  
their Juices.*

Chap. 1. *Of Leaves of Herbs,  
&c.*

Chap. 2. *Of Flowers.*

Chap. 3. *Of Seeds.*

Chap. 4. *Of Roots.*

Chap. 5. *Of Barks.*

Chap. 6. *Of Juices.*

### Sect. 2.

*Of making, and keeping  
Compounds.*

Chap. 1. *Of distilled Waters.*

Chap. 2. *Of Syrups.*

Chap. 3. *Of Juleps.*

Chap. 4. *Of Decoctions.*

Chap. 5. *Of Oyls.*

Chap. 6. *Of Eleſtaries.*

Chap. 7. *Of Conserves.*

Chap. 8. *Of Preserves.*

Chap. 9. *Of Lohochs.*

Chap. 10. *Of Oyntments*

Chap. 11. *Of Plaisters.*

Chap. 12. *Of Pulriffes.*

Chap. 13. *Of Troches.*

Chap. 14. *Of Pills.*

Chap. 15. *The way of fitting  
Medicines to Compound  
Diseases.*

*Of all these in Order.*

## S E C T.



S E C T. I.

The Way of Gathering, and Preserving Simples  
and their Juices.

Chap. I. Of Leaves of Herbs, or Trees,

**O**F leaves, choose only such as are green and full of Juyce; prick them carefully, and cast away such as are any way declining, for they will putrifie the rest: so shall one handful be worth ten of those you buy in *Cheap-side*.

2. Note, in what place they most delight to grow in, and gather them there, for Betony that grows in the shadow, is far better than that which grows in the Sun, because it delights in the shadow: so also such Herbs as delight to grow near the Water, let such be gathered as grow near the Water; though happily you may find some of them upon dry ground: The Treatise will inform you where every Herb delights to grow.

3. The Leaves of such Herbs as run up to Seed, are not so good when they are in flower, as before (some few excepted, the Leaves of which are seldom or never used) in such cases, if through Ignorance they were not known or through negligence forgotten, you had better take the top and the flowers than the Leaf.

4. Dry them well in the Sun, and not in the shadow, as the swing of Physicians is, for if the Sun draw away the Vertues of the Herb, it must needs do the like by Hay by the same Rule, which the experienced of every Countrey Farmer will explode for a notable piece of Non-sense.

5. Such as are Artists in Astrology (and indeed none else are fit to make Physicians) such I advise: Let the Planet that governs the Herb by Angular, and the stronger the better; if they can in Herbs of *Saturn*, let *Saturn* be in the Ascendant; in the Herbs of *Mars* let *Mars* be in the Mid-heaven, for in those Houses they delight: let the *Moon* apply to them by good Aspect, and let her not be in the Houses of her Enemies: if you cannot well stay till she apply to them, let her apply to a Planet of the same Triplicity; if you cannot wait that time neither, let her be with a fixed Star of their Nature.

6. Having well dried them, put them up in brown Papers, sewing the Paper up like a Sack, and press them not too hard together, and keep them in a dry place near the fire.

7. As for the duration of dried Herbs, a just time cannot be given, let Authors prate their pleasure: for,

First, Such as grow upon dry Grounds will keep better than such as grow on moist.

Secondly, Such Herbs as are full of Juyce will not keep so long as such as are drier.

Thirdly

Thirdly, Such Herbs as are well dried, will keep longer then such as are ill dried.

Yet this I say, by this you may know when they are corrupted, viz. By their loss of colour, or smell, or both; and if they be corrupted, reason will tell you that they must needs corrupt the Bodies of those People that take them.

8. Gather all Leaves in the hour of that Planet that governs them.

### Chap. 2. *Flowers.*

1. **T**HE Flower which is the Beauty of the Plant; and of none of the least use in Physick, groweth yearly, and is to be gathered when it is in his Prime.

2. As for the time of gathering them, let the Planetary hour, and the plant they come of, be observed, as we shewed you in the foregoing Chapter; as for the time of the day, let it be when the Sun shines upon them, that so they may be dry; for if you gather either Flowers or Herbs when they are wet or dewy, they will not keep; and this I forgot before.

3. Dry them well in the Sun, and keep them in papers near the Fire, as I shewed you in the foregoing Chapter.

4. So long as they retain their colour and smell, they are good; either of them being gone, so is their Virtue also.

### Chap. 3. *Of Seeds.*

**T**HE Seed is that part of the Plant, which is endued with a Vital Faculty to bring forth its like, and it contains potentially the whole Plant in it.

2. As for place, let them be gathered from the place where they delight to grow.

3. Let them be full ripe where they are gathered, and forget not the Celestial Harmony before mentioned, for I have found by experience that their Virtues are twice as great at such times as others: *There is an appointed time for every thing under the Sun.*

4. When you have gathered them, dry them a little, and but a little in the Sun before you lay them up.

5. You need not to be so careful of keeping them so near the fire as the other before mentioned, because they are fuller of Spirit, and therefore not so subject to corrupt.

6. As for the time of their duration, 'tis palpable they will keep a good many years; yet this I say, they are the best the first year, and this I make appear by a good Argument. They will grow the soonest the first year they be set. therefore then are they in their prime, and 'tis an easie matter to renew them yearly.

### Chap. 4. *Of Roots.*

1. **O**F Roots, chuse such as are neither rotten, nor worm-eaten, but proper in their taste, colour and smell; such as exceed neither in softness, nor hardness.

2. Give

2. Give me leave to be a little Critical against the vulgar received Opinion which is, That the sap falls down into the Roots in the Autumn, and rises again in the Spring, as men go to bed at night, and rise in the morning; and this idle talk of untruth is so grounded in the Heads, not only of the Vulgar, but also of the Learned, that a Man cannot drive it out by reason: I pray let such Sapmongers answer me to this Argument. If the Sap fall into the Roots in the fall of the Leaf, and lie there all the Winter, then must the Root grow only in the Winter, as Experience Witnesseth, but the Root grows not at all in Winter, as the same Experience teacheth, but only in the Summer. *Ergo.*

If you set an Apple Kernel in the Spring, you shall find the Root to grow to a pretty bigness in that Summer, and be not a whit bigger next Spring: What doth the Sap do in the Root all that while, pick Straws? For Gods sake build not your Faith upon Tradition, 'tis as rotten as a rotten post.

The truth is, when the Sun declines from the Tropick of *Cancer*, the sap begins to congeal both in Root, and Branch, when he toucheth the Tropick of *Capricorn*, and ascends to us-ward, it begins to wax thin again, and by degrees as it congealed. But to proceed.

3. The drier time you gather your Roots in, the better they are: For they have the lets excrementitious moisture in them.

4. Such Roots as are soft, your best way is to dry in the Sun, or else hang them in the Chimney-corner upon a string: As for such as are hard, you may dry them any where.

5. Such Roots as are great, will keep longer than such as are small; yet most of them will keep a year.

6. Such Roots as are soft, it is your best way to keep them always near the fire, and take this general Rule for it: If in Winter time you find any of your Roots, Herbs or Flowers begin to grow moist, as many times you shall especially in the Winter time (for 'tis your best way to look to them once a month) dry them by a very gentle fire, or if you can with convenience keep them near the fire, you may save your self the Labour.

7. It is in vain to dry such Roots as may commonly be had, as Parsley, Fennel, Plantane, &c. but gather them only for present need.

### Chap. 5. Of Barks.

1. **B**arks which Physitians use in Medicines, are of these sorts: Of Fruits of Roots, of Boughs.

2. The Bark of Fruits are to be taken when the Fruit is full ripe, as Oranges, Lemmons, &c. but because I have nothing to do with Exoricks here, I shall pass them without any more words.

3. The Bark of Trees are best gathered in the Spring, if it be of great Trees, as Oaks, or the like, because then they come easiest off, and so you may dry them if you please: but indeed your best way is to gather all Barks only for present use.

4. As for the Barks of Roots 'tis this, and thus to be gotten. Take the

Roots of such Herbs as have a pith in them, as Parsley, Fennel, &c. slice them in the middle, and when you have taken out the Pith (which you may easily and quickly do) that which remains is called (though something improperly) the Bark, and indeed is only to be used.

### Chap. 6. Of Juices

1. Juices are to be pressed out of Herbs when they are young and tender, and also out of some Stalks; and tender tops of Herbs and Plants, and also out of some Flowers.

2. Having gathered your Herb you would preserve the Juice of, when it is very dry (for otherwise your Juice will not be worth a button) bruise it very well in a Stone Mortar with a Wooden Pestle, then having put it into a Canvas Bag, the Herb I mean, not the Mortar, for that will yield but little Juice) press it hard in a Press, then take the Juice and clarify it.

3. The manner of clarifying it is this; put it into a Pipkin or Skillet, or some such thing, and set it over the Fire, and when the Scum riseth take it off: let it stand over the Fire till no more Scum rise, then you have your Juice clarified: Cast away the Scum as a thing of no use.

4. When you have thus clarified it, you have two waies to preserve it all the year.

First, When it is cold, put it into a Glass, and put so much Oyl on it as will cover it to the thickness of two fingers, the Oyl will swim at top, and so keep the Air from coming to putrifie it; when you intend to use it, do no more but so, pour out into a Porringer a little more than you intend to use, and if any Oyl come out with it (as if the Glass be not full, 'tis an hundred to one if there do) you may easily scum it off with a Spoon and put the Juice you use not into the Glass again, it will quickly sink under the Oyl. This is the first way.

Secondly, The second way is a little more difficult, and the Juice of Fruits is usually preserved this way: When you have clarified the Juice, as before, boil it over the Fire till (being cold) it be of the thickness of Honey: This is most commonly used for Diseases of the Mouth, and is called *Rob* and *Sapa*. And thus much for the first Section, the second follows.

## S E C T. II.

*The way of making and keeping all necessary Compounds.*

### C H A P. I.

#### *Of Distilled Water.*

Hitherto we have spoken of Medicines which consist in their own Nature, which Authors vulgarly call Simples, though something improperly; for indeed and in truth, nothing is simple but pure Elements; all



things else compounded of them : We come now to treat of the Artificial Medicines, in the front of which (because we must begin somewhere) we shall place Distilled Waters, in which consider :

1. Waters are Distilled out of Herbs, Flowers, Fruits and Roots.
  2. We treat not of strong Waters but of cold, as being to act *Galens* art and not *Paracelsus*.
  3. The Herbs ought to be Distilled when they are in the greatest vigor, and so ought the Flowers also.
  4. The vulgar way of Distillation which People use, because they know to better, is in a Pewter Still : and although Distilled Waters are the weakest of all Artificial Medicines, and good for little, unless for mixtures of other Medicines, yet this way distilled they are weaker by many degrees than they would be, were they distilled in Sand. If I thought it not impossible to teach you the way of Distilling in Sand by writing, I would attempt it.
  5. When you have Distilled your Water, put it into a Glass, and having bound the top of it over with a Paper pricked full of holes, that so the excrementation and fiery vapors may exhale (which indeed are they that cause that settling in distilled Waters, called the Mother, which corrupts Waters, and might this way be prevented) cover it close and keep it for your use.
  6. Stopping Distilled Waters with a Cork makes them musty, and so will a Paper also, if it do but touch the Water; your best way then is to stop them with a Bladder, being first put in water, and bound over the top of the Glass.
- Such cold Waters as are Distilled in a Pewter Still (if well kept) will endure a year : such as are Distilled in Sand, as they are twice as strong, so they endure twice as long.

## Chap. 2. Of Syrups.

**A** Syrup is a Medicine of a Liquid Form, composed of Infusion, Decoction, and Juice : And 1. For the more grateful taste. 2. For the better keeping of it, with a certain quantity of Honey or Sugar, hereafter mentioned, boiled to the thickness of new Honey.

2. You see at the first view that this Aphorism divides it self into three branches, which deserve severally to be treated of : viz

1. Syrups made by Infusion.
2. Syrups made by Decoction.
3. Syrups made by Juice.

Of each of these (for your instructions sake, kind Country-men and Women) I speak a word or two, or three apart.

First, Syrups made by Infusion, are usually made of Flowers, and of such Flowers as soon lose their colour and strength by boiling, as Roses, Violets, Peach-Flowers, &c. My Translation of the *London Dispensatory* will instruct you in the rest. They are thus made : Having picked your Flowers clean, to every pound of them add three pound (or three pints, which you will, for it is all one) of Spring Water, made boiling hot by the fire, first put your Flowers in a Pewter Pot with a cover, then pour the water to them,

then shutting the Pot, let it stand by the Fire to keep hot twelve hours, then strain it out (in such Syrups as purge, as Damask Roses, Peach-flowers, &c. The usual, and indeed the best way is to repeat this Infusion, adding fresh Flowers to the same Liquor divers times, that so it may be the stronger) having strained it out, put the infusion into a Pewter Bason, or an Earthen one well glassed, and to every pint of it, add two pound of Sugar, which being only melted over the Fire without boyling, and scummed, will produce you the Syrup you desire.

Secondly, Syrups made by decoctions, are usually made of Compounds, yet may any simple Herb be thus converted into Syrup: Take the Herb, Root or Flower you would make into a Syrup, and bruise it a little; then boil it in a convenient quantity of Spring Water, the more Water you boil in it, the weaker will it be; a handful of the Herb, Root, &c. is a convenient quantity for a pint of Water; boil it till half the Water be consumed, then let it stand till it be almost cold, and strain it (being almost cold) through a woollen Cloth, letting it run out at leisure without pressing: to every pint of this decoction add one pound of Sugar, and boil it over the fire till it come to a Syrup, which you may know if you now and then cool a little of it in a Spoon; scum it all the while it boils, and when it is sufficiently boiled, whilst it is hot, strain it again through a woollen Cloath, but press it not. Thus have you the Syrup perfected.

Thirdly, Syrups made of Juyces, are usually made of such Herbs as are full of Juyce, and indeed they are better made into a Syrup this way, then any other, the Operation is thus; having beaten the Herb in a stone Mortar with a wooden Pestle, press out the Juyce, and clarifie it as you were taught before in the Juyces, then let the Juyce boil away till a quarter of it (or near upon) be consumed; to a pint of this add a pound of Sugar, and boil it to a Syrup, alwaies scumming it, and when it is boiled enough, strain it through a woollen Cloth as we taught you before, and keep it for your use.

3. If you make Syrup of Roots that are any thing hard, as Parsly, Fenel, and Grass-roots, &c. When you have bruised them, lay them in steep sometime in that Water which you intend to boil them in hot, so will the Virtue the better come out.

4. Keep your Syrups either in Glasses or stone Pots, and stop them not with Cork nor Bladder, unless you would have the Glas break, and the Syrup lost, and as many Opinions as there are in this Nation, I suppose there are but few or none of this, only bind a paper about the mouth.

5. All Syrups, if well made, continue a year with some advantage: yet of all, such as are made by Infusion keep the least while.

### Chap. 3. Of Juleps.

1. Juleps were first invented, as I suppose in *Arabia*, and my reason is, because the word *Julep* is an *Arabick* word.

2. It signifies only a pleasant Potion, and vulgarly used (by such as were sick and wanted help, or such as are in health, and wanted no money) to quench thirst.

3. Now a dayes 'tis commonly used.

1. To prepare the Body for Purgation.
2. To open Obstructions and the Pores,
3. To Digest tough Humours.
4. To qualifie hot Distempers, &c.

4. It is thus made (I mean simple Juleps; for I have nothing to say to Compounds here; all Compounds have as many simple Ideas, as men have Crotchets in their Brain) I say simple Juleps are thus made: Take a pint of such Distilled Water, as conduce to the Cure of your Distemper, which this Treatise will plentifully furnish you withal, to which add two ounces of Syrup, conducing to the same effect (I shall give you rules for it in the last Chapter) mix them together, and drink a draught of it at your pleasure. If you love tart things, add ten drops of Oyl of Vitriol to your pint, and shake it together, and it will have a fine grateful taste.

5. All Juleps are made for present use, and therefore it is in vain to speak of their duration.

#### C H A P. 4. Of Decoctions.

**A**LL the differences between Decoctions and Syrups, made by Decoction<sup>n</sup> is this: Syrups are made to keep, Decoctions only for present use; for you can hardly keep a Decoction a week any time: if the Weather be hot, not half so long.

2. Decoctions are made of Leaves, Roots, Flowers, Seeds, Fruits, or Barks, conducing to the Cure of the Disease you make them for, in the same manner as they made, as we shewed you in Syrups.

3. Decoctions made with Wine, last longer than such as are made with Water, and if you take your Decoction to cleanse the passages of Urine, or open Obstructions, your best way is to make it with White Wine instead of Water, because this is most penetrating.

4. Decoctions are of most use in such Diseases as lie in the passages of the Body; as the Stomach, Bowels, Kidneys, passages of Urine and B'adder, because Decoctions pass quicker to those places than any other form of Medicines.

5. If you will sweeten your Decoction with Sugar, or any Syrup fit for the occasion you take it for, which is better, you may, and no harm do.

6. If in a Decoction you boil both Roots, Herbs, Flowers, and Seed together, let the Roots boil a good while first, because they retain their Vertue longest; then the next in order by the same rule, viz. 1. Barks, 2. The Herbs, 3. The Seeds, 4. The Flowers, 5. The Species, if you put any in, because their Virtues come soonest out.

7. Such things as by boiling cause sliminess to a Decoction, as Figs Quince-feed, Linseed, &c. Your best way is, after you have bruised them, to tie them up in a Linnen Rag, as you tie up a Calves Brains, and so boil them.

8. Keep all Decoctions in a Glass close stopped, and in the cooler place you keep them, the longer will they last ere they be sour.

Lastly, the usual Dose to be given at one time, is usually two, three, four or five ounces, according to the age and strength of the Patient, the Season of the year, the strength of the Medicine, and the quality of the Disease.

### Chap. 5, Of Oyls.

1. **OYL** Olive, which is commonly known by the name of Salad-Oyl, I suppose because it is usually eaten with Salads by them that love it: If it be pressed out of ripe Olive, according to *Galen*, is temperate, and exceeds in no one quality.

2. Of Oyls, some are Simple, and some are Compound.

3. Simple Oyls are such as are made of Fruits or Seeds by expression, as Oyl of sweet and bitter Almonds, Linseed and Rape-seed Oyl, &c. of which see my *Dispensatory*.

4. Compound Oyls are made of Oyl of Olives, and others Simples, imagine Herbs, Flowers, Roots, &c.

5. The way of making them is this, Having bruised the Herbs or Flowers you would make your Oyl of, put them into a Earthen Pot, and to two or three handfuls of them pour a pint of Oyl, cover the pot with a Paper, set it in the Sun about a fortnight or less, according as the Sun is in hotness; then having warmed it very well by the fire, press out the Herb, &c. very hard in a press, and add as many more herbs to the same Oyl, bruise the Herbs (I mean, not the Oyl) in like manner, set them in the Sun as before, the oftner you repeat this, the stronger your Oyl will be: at last when you conceive it strong enough, boil both Herbs and Oyl together till the Juice be consumed, which you may know by its leaving its blushing, and the Herbs will be crisp, then strain it whilst it is hot, and keep it in a stone or glass Vessel for your use.

6. As for Chymical Oyls, I have nothing to say in this Treatise.

7. The general use of these Oyls, is for pain in the Limbs, roughness of the Skin, the Itch, &c. as also for Oynments and Plaisters.

8. If you have occasion to use it for wounds or Ulcers, in two ounces of Oyl dissolve half an ounce of Turpentine, the heat of the fire will quickly do it: for Oyl it self is offensive to wounds, and the Turpentine qualifies it.

### Chap. 6. Of Electuaries.

**P**hysicians make more a Quoil than needs by half about Electuaries. I shall prescribe but one general way of making them up; as for the Ingredients, you may vary them as you please, and according as you find occasion by the last Chapter.

1. That you may make Electuaries when you need them, it is requisite that you keep always Herbs, Roots, Seeds, Flowers, &c. ready dried in your house, that so you may be in readines to beat them into Powder when you need them.

2. Your better way 's to keep them whole than beaten: for being beaten they



- they are the more subject to lose their strength; because the air soon penetrates them.
3. If they be not dry enough to beat into Powder when you need them, dry them by a gentle fire till they are so.
  4. Having beaten them, Sift them through a fine Tiffany Searce, that so there may be no great pieces found in your Electuary.
  5. To one ounce of your Powder add three ounces of clarified Honey: this quantity I hold to be sufficient: I confess Authors differ about it. If you would make more or less Electuary, vary your proportion accordingly.
  6. Mix them well together in a Mortar, and take this for a truth, You cannot mix them too much.
  7. The way to clarify Honey, is to set it over the fire in a convenient vessel till the scum rise, and when the scum is taken off, it is clarified.
  8. The usual Dose of Cordial Electuaries, is from half a dram to two drams; of purging Electuaries, from half an ounce to an ounce.
  9. The manner of keeping them is in a pot.
  10. The time of taking them, is either in the morning fasting, and fasting an hour after them; or at night going to Bed, three or four hours after Supper.

### Chap. 7. Of Conservees.

1. **T**HE way of making Conservees is two fold, one of Herbs and Flowers and the other of Fruits.
2. Conservees of Herbs, and Flowers are thus made: if you make your Conservees of Herbs, as of Scurvy-grass, Worm-wood, Rue, and the like, take only the Leaves and tender tops (for you may beat your heart out before you can beat the Stalks small) and having beaten them, weigh them, and to every pound of them add three pound of Sugar, beat them very well together in a Mortar, you cannot beat them too much.
3. Conservees of Fruits, as of Barberries, Sloes and the like, is thus made. First scald the Fruit, then rub the Pulp through a thick hair Sieve made for the purpose, called a Pulping Sieve; you may do it for a need with the back of a Spoon, then take this Pulp thus drawn, and add to it its weight of Sugar and no more, put it in a Pewter Vessel, and over a Charcoal fire stir it up and down till the Sugar be melted, and your Conserve is made.
4. Thus have you the way of making Conservees; the way of keeping of them is in Earthen Pots.
5. The Dose is usually the quantity of a Nutmeg at a time morning and evening, or (unless they are purging) when you please.
6. Of Conservees some keep many years, as Conservees of Roses: others but a year, as Conservees of Borrage, Bugloss, Coulisps, and the like.
7. Have a care of the working of some Conservees presently after they are made, look to them once a day, and stir them about; Conservees of Borrage, Bugloss and Wormwood have gotten an excellent faculty at that sport.
8. You may know when your Conservees are almost spoiled by this, You shall find a hard crust at top with little holes in it, as though worms had been eating there.

## Chap. 8. Of Preserves.

OF preserves are sundry sorts, and the Operations of all being something different, we will handle them all a part.  
These are preserved with Sugar.

1. *Flowers.*
2. *Fruit.*
3. *Roots.*
4. *Barks.*

1. Flowers are but very seldom preserved, I never saw any that I remember, save only Cowslip flowers, and that was a great fashion in *Sussex* when I was a Boy: It is thus done, First, Take a flat Glass, we call them Jar Glasses, strew in a laying of fine Sugar, on that a laying of flowers, on that another laying of Sugar, on that another laying of flowers, do so till your Glass be full; then tye it over with a Paper, and in a little time you shall have very excellent and pleasant preserves.

There is another way of preserving Flowers, namely with Vinegar and Salt, as they pickel Capers and Broom-buds, but because I have little skill in it my self, I cannot teach you.

2. Fruits, as Quinces, and the like, are preserved two ways.

First, Boyl them well in the Water, and then pulp them through a sieve as we shewed you before; then with the like quantity of Sugar boyl the Water they were boyled in, into a Syrup, viz. A pound of Sugar to a pint of Liquor, to every pound of this Syrup, add four ounces of the pulp, then boyl it with a very gentle fire to the right consistence, which you may easily know if you drop a drop of it upon a Trencher, if it be enough it will not stick to your fingers when it is cold.

Secondly, Another way to preserve Fruits of this, First, pare off the Rind then cut them in halves and take out the Core; then boyl them in Water till they are soft, if you know when Beef is boyled enough, you may easily know when they are; then boyl the Water with its like weight of Sugar into a Syrup, put the Syrup into a pot, and put the boyled Fruit as whole as you left it when you cut it into it, and let it remain till you have occasion to use it.

3. Roots are thus preserved, First, scrape them very clean, and cleanse them from the pith if they have any, for some Roots have not, as *Eringo*, and the like, boyl them in Water till they be soft, as we shewed you before in the Fruits, then boyl the Water you boyled the Root in, into a Syrup, as we shewed you before, then keep the Root whole in the Syrup till you use them.

4. As for Barks we have but few come to our hands to be done, and those, of those few that I can remember, are *Oranges*, *Lemmons*, *Citrons* and the outer Bark of *Walnuts* which grows without the shell, for the shells themselves would make but *Scurvy* preserves: These be they I can remember, if there be any more put them into the number.

The way of preserving these is not all one in Authors for some are bitter, some are hot: such are bitter, say Authors, must be soaked in warm Wa-

ter, oftentimes changed till their bitter taste be fled; but I like not this way, and my reason is this. Because I doubt when their bitterness is gone, so is the Vertue also; I shall then prescribe one common way, namely, the same with the former, viz. First boyl them whole till they be soft, than make a Syrup with Sugar and the Liquor you boyled them in, and keep the Barks in the Syrup.

5. They are kept in Glasses, or glassed pots.

6. The preserved Flowers will keep a year if you can forbear eating of them; the Roots and Barks much longer.

7. This art was plainly and clearly at first invented for delicacy, yet came afterwards to be of excellent use in Physick: For,

First, Hereby Medicines are made pleasant for sick and queasie stomachs which else would loath them.

Secondly, Hereby they are preserved from decaying a long time.

### Chap. 9. Of Lohochs.

1. **T**HAT which the Arabians call *Lohoch*, and the Greeks *Eclegma*, the Latins call *Lanfus*, and in plain English signifies nothing else, but a thing to be licked up.

2. Their first Invention was to prevent and Remedy afflictions of the Breast and Lungs, to cleanse the Lungs of Flegm, and make it fit to be cast out.

3. They are in Body thicker then a syrup, and not so thick as an Eleuary.

4. The manner of taking them, is often to take a little with a Liquorish stick, and let it go down at leisure.

5. They are easily thus made; Make a Decoction of and pectoral Herbs, the Treatise will furnish you with enough, and when you have strained it, with twice its weight of Honey or Sugar, boyl it to a *Lohoch*: If you are molsted with rough Flegm, honey is better than Sugar, and if you add a little Vinegar to it, you will do well; if not, I hold Sugar to be better than honey.

6. It is kept in pots, and may be kept a year and longer.

7. It is excellent for roughness of the Wind Pipe, Inflammations of the Lungs, Ulcers in the Lungs, difficulty of Breath, Astmaes, Coughs, and distillation of humors.

### Chap. 10. Of Oyntment.

1. **V**ARIOUS are the wayes of making Oyntments, which Authors have left to posterity, which I shall omit, and quote one which is easiest to be made, and therefore most beneficial to people that are ignorant in Physick, for whose sake I write this. It is thus done.

Bruise those Herbs, Flowers, or Roots you would make an Oyntment of, and to two handfuls of your bruised herbs add a pound of Hogs-grease dried; or cleansed from the skins, beat them very well together in a Stone-Mortar with a wooden pestle, then put it in a stone-pot (the Herb and Grease I

mean,

mean, not the Mortar) cover it with a Paper, and set it either in the Sun; or some other warm place, three four or five days, that it may melt, then take it out and boil it a little, then whilst it is hot, strain it out, pressing it out very hard in a press; to this grease add as many more herbs bruised as before, let them stand in like manner as long, then boyl them as you did the former; if you think your Oyntment be not strong enough, you may do it the third and fourth time; yet this I tell you, the fuller of Juyce your herbs are, the sooner will your Oyntment be strong; the last time you boil it, boil it so long till your herbs be crisp, and the Juyce consumed; then strain it, pressing it hard in a press, and to every pound of Oyntment add two ounces of Turpentine, and as much Wax, because grease is offensive to Wounds as well as Oyl.

2. Oyntments are vulgarly known to be kept in pots, and will last above a year, some above two years.

### Chap. II. Of Plaisters.

1. **T**HE Greeks make their Plaisters of divers Simples, and put Metals in most of them, if not in all; for having reduced their Metals into powder, they mixed them with that fatty substance whereof the Rest of the plaister consisted, whilst it was yet hot, continually stirring it up and down lest it should sink to the bottom; so they continually stirred it till it was stiff; then they make it up in Rolls, which when they need for use they could melt by fire again.

2. The Arabians made up theirs with Oyl and Fat, which needed not so long boiling

3. The Greeks Emplaisters consisted of these Ingredients, Metals, Stones, divers sorts of Earth, Feces, Juyces, Liquors, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Rosin, Gums.

### Chap. 12. Of Pultisses.

1. **P**ultisses are those kinds of things which the Latins call *Cataplasmata*, and our learned Fellows, that if they can read English that's all, call them *Cataplasms*, because 'tis a crabbed word few understood; it is indeed a very fine kind of Medicine to ripen Sores.

2. They are made of Herbs and Roots fitted for the Disease and Member afflicted, being chopped small, and boiled in Water almost to a jelly, then by adding a little Barley-meal, or meal of Lupins, and a little Oyl, or rough sweet fact, which I hold to be better, spread upon a Cloth and applied to the grieved place.

3. Their use is to ease pains, to break sores, to cool Inflammation, to dissolve hardness, to ease the Spleen, to concoct humors, to dissipate swellings.

4. I beseech you take this Caution along with you: use no Pultisses (if you can help it) that are of an healing Nature, before you have first cleansed the body, because they are subject to draw the humors to them from every part of the body,



Chap. 13. Of Troches.

THE Latines call them *Placentula*, or little Cakes (and you might have seen what the Greeks call them too, had not the last Edition of my *London Dispensatory* been so hellishlv Printed; that's all the Kingdom gets by one Stationer Printing anothers Copies, viz. to plague the Country with false Prints, and disgrace the Author) the Greeks *τροχισμοι* *κυκλίσκοι* and *οπίσκοι* they are usually little, round flat Cakes, or you make them square if you will.

2. Their first invention was, that powders being so kept, might resist the intermission of air, and so endure pure the longer.

3. Besides, they are the easier carried in the pockets of such as travel: many a Man (for example) is forced to travel whose stomach is too cold, or at least not so hot as it should be which is most proper, for the Stomach is never cold till a man be dead; in such a case, 'tis better to carry Troches of Wormwood, or Gallanga, in a paper in his pocket, and more convenient by halt than to lug a Galli-pot along with him,

4. They are thus made, *At night when you go to bed, take two drams of fine Gum-Tragacanth, put it into a Galli-pot, and put half a quarter of a pint of any distilled water fitting for the purpose you would make your Troaches for, to it to cover it, and the next morning you shall find it in such a jelly as Physitians call Muffilage: with this you may (with a little pains taking) make a powder into past, and that past into little Cakes called Troaches.*

5. Having made them, dry them well in the Shadow, and keep them in a pot for your use.

Chap. 14. Of Pills.

1. THEY are called *Pilula*, because they resemble little Balls, the Greek call them *Cataporia*.

2. It is the Opinion of Modern Physitians, that this way of making up Medicines, was invented only to deceive the Palate, that so by swallowing them down whole, the bitterness of the Medicine might not be perceived, or at least it might not be unsufferable; and indeed most of their pills, tho not all, are very bitter.

3. I am of a clean contrary Opinion to this: I rather think they were done up in this hard form, that so they might be the longer in digesting, and my Opinion is grounded upon Reason too, not upon Fancy nor Hear-say. The first Invention of pills was to purge the head: now as I told you before, such infirmities as lay near the passages were best removed by Decoctions, because they pass to the grieved part soonest, so here if the infirmities lies in the Head or any other remote part, the best way is to use Pills, because they are longer in digestion, and therefore the better able to call the offending humor to them.

4. If I should tell you here along Tale of Medicines working by Sympathy and Antipathy you would not understand a word of it, they that are set to make Physitians, may find it in the Treatise: All Modern Physitians know

know not what belong to a Sympathetical Cure, no more than a Cuckoo knows what belongs to Flats and Sharps in Musick, but follow the vulgar road, and call it a hidden quality, because 'tis hidden from the Eyes of Dunces; and indeed none but Astrologers can give a reason of it, and Physick without Reason is like a Pudden without Fat.

5. The way to make Pills is very easie, for with the help of a Pestle and Mortar, and a little diligence, you may make any Powder into Pills, either with Syrup, or the Jelly I told you of before.

**Cap. ult.** *The way of mixing Medicines, according to the cause of the Disease, and part of the Body afflicted.*

**T**His being indeed the Key of the Work, I shall be somewhat the more diligent in it. I shall deliver my self thus:

1. *To the Vulgar.*

2. *To such as study Astrology, or such as study Physick Astrologically.*

First, To the Vulgar: Kind Souls: I am sorry it hath been your hard mishap, to have been so long trained in such *Egyptian* darkness, even darkness which to your sorrow may be felt; The vulgar road of Physick is not my

Practice, and I am therefore the more unfit to give you advice, \* *Galeus* and I have now published a little \* Book which will fully instruct you, not only in the knowledg of your own Bodies, but also in fit Medicines, to remedy each part of it when afflicted; in the mean season take these few Rules to stay your stomachs.

1. With the Disease, regard the cause, and part of the Body afflicted; for example, Suppose a Woman be subject to miscarry through wind, thus do:

1. Look *Abortion* in the Table of Diseases, and you shall be directed by that, how many Herbs prevent miscarriage.

2. Look *Wind* in the same Table, and you shall see how many of those Herbs expel Wind.

These are the Herbs Medicinal for your Grief.

2. In all Diseases strengthen the part of the Body afflicted.

3. In mixed Diseases there lies some difficulty, for sometimes two parts of the Body are afflicted with contrary humours, as sometimes the Liver is afflicted with Choler and Water, as when a man hath both a Dropsie and the yellow Jaundice, and this is usually mortal.

In the former, Suppose the Brain be too cold and moist, and the Liver too hot and dry, thus do:

1. Keep your Head outwardly warm.

2. Accustom your self to smell of hot Herbs.

3. Take a Pill that heats the Head at night going to Bed.

4. In the morning take a Decoction that cools the Liver, for that quickly passeth the Stomach, and is at the Liver immediately.

You must not think (courteous people) that I can spend time to give you examples of all Diseases; these are enough to let you see so much light as you without art are able to receive: If I should set you to look upon the Sun, I should dazle your Eyes and make you blind.

Secondly

Secondly, To such as study Astrology ( who are the only men I know that are fit to study Physick; Physick without Astrology, being like a Lamp without Oyl) You are the men I exceedingly respect, and such Documents as my Brain can give you at present (being absent from my study) I shall give you.

1. Fortifie the Body with Herbs of the Nature of the Lord of the Ascendant, 'tis no matter whether he be a Fortune, or an Infortune in this case.

2. Let your Medicine be something Antipathetical to the Lord of the Sixth.

3. Let your Medicine be something of the Nature of the Sign Ascending.

4. If the Lord of the tenth be strong, make use of his Medicines.

5. If this cannot well be, make use of the Medicines of the light of time.

6. Be sure alwaies fortifie the grieved part of the Body by Sympathetical Remedies.

7. Regard the Heart, keep that upon the Wheels, because the Sun is the Fountain of Life, and therefore those universal Remedies, *Anrum Potabile*, and the Philosophers Stone, Cure all Diseases by only fortifying the Heart.

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